



# Suicide Prevention

**It's Every Body's Business!**

***"It's not rocket science!"***

***"Grief is the price we pay for love"\****

## Emotional Pain

Here help comes to us from a very surprising Female source. One special, strong, powerful, wise woman; Queen Elizabeth 2<sup>nd</sup>. At the 10<sup>th</sup> anniversary of the 9/11 Twin Tower tragedy she sent this beautiful, haunting, thought provoking message\* all the way across the Atlantic Ocean, where it was displayed with all the other tributes in the pit which then was Ground Zero.

**We get attached to people** like our parents, children, families, partners, lovers, mates and friends. **We get attached to 'things'** like our homes, jobs, properties, good health, careers, egos, personal and financial security.

**They say only 2 things in life are certain - Death and Taxes.**

**But 'They' - forgot about Grief!**

*There's just no way around it  
No easy, quick relief,  
The price we always pay for love  
Is terrible grief!*

**When loved ones die we experience great grief, but we have rituals and ceremonies which offer loving support to the ones left behind - like people ringing and dropping in, funerals, cards, flowers, wakes and memorials.**

But when we lose something like a marriage or relationship, our good health, farms or businesses, financial security, our 'good names' or our 'personal security' by being bullied or sexually violated, there can be enormous grief which can last for years! **With NONE of the above ceremonies or support!**

**Unsupported grief and emotional pain causes many suicides!** Ask your doctor or health professional to explain the difference between grief and depression. **If you are the one hurting – you simply must reach out for help.** If you know or suspect someone else is 'in trouble' – offer your loving support!



**We need YOU. To pick up your phone. It's just NOT rocket science!**



This 'private' advert promoting general Suicide awareness, written and paid for by Tim Barritt is **NOT A SUBSTITUTE FOR PROFESSIONAL HELP - OR HELP LINES.** If you or someone you know is feeling Suicidal, the first *port of call* should **URGENTLY** be a Doctor

**or Emergency 000, Lifeline 131114, Suicide call back Line 1300659467**