

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's NOT rocket science"

YOU Don't Have to HURT ALONE!

Unsupported emotional pain causes many Suicides! If the 'mantra' of buying and selling real estate is *'Location, Location, Location!'* - then in **Suicide Prevention it just has to be 'Support, Support, Support!'**

People in crisis, lonely, confused, desperate and in acute emotional pain need bucket loads of support to *'get them through'*. **Pick up YOUR phone!**

Here we pause for a moment to consider just how some emotional crisis are brought on. They can gradually 'add up' - but also they can typically come *right out of the blue*; Love Life related - someone suddenly says *'it's all over!'*, Legal including Family Law - **a summons or similar** is served or turns up in the mail, health issues like **a major life threatening/changing illness** is diagnosed, financial like a run of poor season/prices for our farmers or **'notice from the bank'**! Also **bullying, rape or sexual abuse** which can happen to either Sex, any place, any time, the list goes on!

To save precious lives it's critically important that help and support comes with the same speed as many Suicides happen 'on the spur of the moment'!

IF YOU HEAR THAT ANY OF THE ABOVE – OR SIMILAR – HAS HAPPENED TO SOMEONE ELSE - Pick up YOUR Phone! STRAIGHT AWAY!

If this happens to YOU, don't let YOU become the next Suicide Statistic!

Your first Life Saving port of call must always be emergency 000 if urgent - or Doctor if it can wait that long, preferably your own. But beyond the next doctor's, lawyer's, accountant's appointments which you may have set up for yourself - beyond a recovery and survival plan which they may have helped you put into place - the next and in my opinion almost equally important Support Group comes into its own; your very own Community network – Lover, Partner, family, friends, neighbours, pets, workmates etc.

A major stumbling block here is when YOU don't have - or can't see/find anyone to support you. If this happens to YOU **Pick up YOUR phone! – SOMEONE WILL ALWAYS HELP YOU – BUT YOU MAY HAVE TO MAKE THAT VERY COURAGEOUS FIRST STEP! YOU DON'T HAVE TO HURT ALONE!**

😊 **Reach out! 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.