

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"Queen lives forever!"

Find Me - Somebody To Love!

**"Can, can you find me somebody?"*

Somebody, somebody, somebody to love?

Can you find me somebody to love?"

It's hardly surprising that a video clip of this heartfelt song* by the gifted, talented and stunningly handsome bisexual entertainer Freddie Mercury, with **Queen** - found its way onto YOUTUBE, some 2 decades after his death, with 33 Million - and STILL rapidly rising - hits!

Our need to Love and be Loved is as *hard wired* into us as the need for food, water, shelter, and sitting around a campfire on a starry night! Most of us are born, deeply rooted in our own families with their own unique history - and we grow up and find partners and have families of our own. This is all well and good and this has been going on since the dawn of time - but when this pattern is interrupted by death, divorce, separation etc and consequent *pulling apart* of family structures which can result - we enter Suicide Prevention Territory - so here are 2 important tips for survival!

1. **Our need to Love and be Loved by someone is so basic and so strong, many good people become Suicidal when this is taken away from us.**

The good news is that whatever *age and stage* - THERE IS ALWAYS SOMEONE ELSE for YOU! You may just have to look hard and be patient to find them. While you're waiting, or if **Push really comes to Shove remember** - **"If your dog thinks you're the best thing on two legs, you NEVER, EVER have to go looking for a second opinion!"**

2. **MANY SUICIDES HAPPEN BECAUSE WE STOP LOVING OURSELVES!**

If you find yourself beginning to have thoughts like 'I'm *usless, worthless, no good, unlovable, a total failure*, or I'm '*hopeless at relationships*' - **you MUST seek Professional help - if in doubt - check it out.** Don't be afraid to mention it to your partner, special mate or someone you trust. You might be surprised to find you're not the only one of us who stops loving ourselves - and has got help and overcome this! The good news here is that there are MANY things you can do to stop these potentially fatal thoughts happening.

😊 **Freddie never found his 'Somebody'! But his mates** 😊
from Queen held him - and Loved him dearly - until he died!

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.