

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

*"There's ALWAYS HOPE 4 U!"*

## Lost ALL HOPE???

It's a dangerous place to be! I know. Because I've been that low.

My journey in Suicide Prevention before writing this series has been a long one, and the places I have 'gone to' on this often very lonely road are many and varied. Some years ago I sent 2 of my very BEST Suicide Prevention poems to Jeff Kennett. His complete reply reads as follows...

*"Thank you for your letter dated 8th March 2007 and the two poems which I have read. While I accept that we must talk about suicide, we must also offer hope, in poetry as in life, for there is no life without hope. Cheers. JK"*

I was 'totally devastated'! How dare ANYONE, I mean ANYONE!! criticise my *precious* Prevention poems! Even if he was the Chairman of beyondblue!! I sulked for a fortnight. Was *very quiet* for another. Finally I 'got over it' - and some time later it occurred to me that maybe, just maybe Jeff may have been right!!! Which is why YOU are reading this AD! Thank you Jeff! x.

When we lose Hope, we can very quickly become Suicidal. Now the reason I can say this with my 'unprofessional authority' is simple. I have been in this terrible, lonely, painful, gutwrenching place myself. The list of reasons why this may happen to us is endless but try; 'Love Life related' - '*No one is ever going to love me again*', Financial - '*I'm ruined forever*', Scandal - '*My good name is ruined forever*', a major Health issue - '*I am going to die*', Rape, Sexual Abuse, Domestic Violence - '*I'm 'dirty', ashamed*' ... the list goes on!

If YOU - or someone you know loses all Hope - you MUST seek Professional help! QUICKLY! It's as close as dialing 000, or ANY doctor ANY place, ANY time but preferably your own - if you can wait that long.

Now AFTER you have done this - NOT instead\* - here is an 'unprofessional' suggestion for you. Your Hopelessness will not last forever. You'll get Hope back soon! YOU may not love yourself anymore at the moment. But there are PLENTY of others who do! Ask a special friend to 'carry' your Hope and Self Worth for you - until you get it back. Every time your pain is 'getting too much'- ring them and let them remind you! This worked for me. x

😊 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.