

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'This old heart of mine...'

YOUR HEART HAS A MIND OF IT'S OWN!!!

On Not Going To Funerals

*'To be honest,
It would break my heart
To go'
You said.*

*'Hearts - are very funny things'
I said...*

*'Sometimes, it's better
To let them break,
Than slowly bleed!*

*Funerals are for sharing -
All that painful feeling,
Hearts - are very funny things' -
I said*

*'And if you let them -
They're very good
At healing!'*

I know this older Gent who lost his 20 year old marriage and said it has taken him 20 yrs to get over it, and one most Beautiful Aussie Female who lost hers 10 years ago - and is STILL coming to terms! **Our world is filled with broken hearts and they ALL - ALL have minds of their own!!**

But 'lost love' - isn't the only thing we can lose and then grieve for! Try loss of mates, friendships, our sense of well being and happiness e.g. due to depression, being bullied, sexual or domestic violence; our jobs, careers, good reputations, things we never achieved in life, money, status, property, our good health etc. Now here's my unprofessional 'take' on this!

DON'T LET YOUR GRIEF - BECOME 'TOO HUNGRY'!

Many Suicides happen when our grief 'gets too hungry' - and eats away at us so there is nothing left for TODAY and TOMORROW - only YESTERDAY! If this starts to happen to YOU - it's time to get some Professional Help!

😊 **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.