

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's **NOT** rocket Science!"

Do YOU - live in the NOW???

**'Life is what happens to us - while we're busy making other plans'.*

John Lennon*

Yesterday - gone forever!

Tomorrow - always yet to come!

NOW - is ALL the time we ever have!!!

Many of us are so very, very busy. I know a lot about this because **I was a certified workaholic for 35 years** - living 'the Great Aussie dream'; working long and hard for a happy, well funded, well deserved retirement with my Partner. The kids around, grandkids *under foot*. Plenty of time for liesure and to relax and 'take it easy' - with lots of travel! **And we were ALL going to ride off into our sunset - and live, well - happily everafter!**

Then one day in 2009 I woke up and realised I didn't want to do this anymore! When I looked back, my life was '*a 35 year old blurr!*' I watched my Dad die from prostate cancer at the age of 64. **HIS dream - retirement after a lifetime of hard work? It just never, ever happened!** During the year it took to change my life around, not only did I have my first health scare, a malignant melanoma, but I suddenly found myself - living on my own!

These huge changes did take a LOT of getting used to - don't get me wrong! **But suddenly I had the time to do things!** Like celebrating my 60th birthday in New York, walking under my beautiful stars at 4 a.m. with my 3 dogs, writing my poems and following my other very, very great passion - Preventative Community Health. My life is no longer a busy blurr!

Now just how **YOU** organise your own life '*while you're busy making YOUR other plans*'* is TOTALLY up to YOU! I simply offer YOU my story. **After 35 years I decided I didn't want to spend the rest of my life either living in 'a great sadness of my past' - OR in the VERY UNCERTAIN 'fantasy' of my future!** If I had NOT done this - YOU would NOT be reading this AD. **NOW!!!**



Emotionally 'balanced' people 'Living in the Now' - while planning realisticly, with hope for their future - are far less likely to Commit Suicide!



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 Emergencv 000. Lifeline 131114. Suicide *call back* Line 1300659467.