

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business! *'Don't UB an emotional Scrooge!'*

The '*Flip Side*' of Christmas!

Most of us treasure and look forward to Christmas, a special time for our children, a religious celebration for those that way inclined, holidays, relaxing, catching up with family, friends and even *with ourselves*.

But it DOES have an '*underbelly*'! Like extra pressure on the finances, huge amounts of time spent shopping and 'accomodating' all those Rellies you may only see once a year, and for our many 'blended families' it also means '*juggling families and kids*' and *doing business* with 'the Ex'! It also can - and often does bring back memories, which may not all be pleasant ones! A very astute couple I know, both *beautiful*, heartfelt people, who like many of us have had lots of 'stuff' happen to them, have this sign on their gate;

Friends - welcome anytime.

Family - BY APPOINTMENT ONLY!

Celebrate! Enjoy! Relax! **But STAY ALIVE!** Don't let **YOU** - or anyone you know to be *in distress* - become a Suicide Statistic this holiday period!

To further this cause, say a **HUGE NO** to **ANY FORM of violent behaviour!** In our public places like Pubs and Clubs, on our roads, also within your own family, towards your children, Lovers and Partners! NOT just around the dinner table or playing cricket in the back yard! But in your more *private places* like kitchens and bedrooms! **By NOT committing rape, sexual assault or ANY form of Domestic Violence including '*emotional games*'!** **IF YOU ARE ON THE RECEIVING END OF ANY of this behavior remember 1800 RESPECT*.**

Police 000 or 131444, National sexual assault/domestic violence counselling service **1800RESPECT***, (1800 737 732), Kids Help Line 1800 551800, Lifeline 13 1114, Mensline 1300 789 978, Child Abuse Report Line 131 478.

But just as importantly, DON'T COMMIT A VERY GREAT VIOLENCE TO YOURSELF AND ALL OF THOSE AROUND YOU - by COMMITTING SUICIDE.

😊 If you feel yourself becoming Suicidal YOU MUST GET HELP. Quickly! 😊

Picking 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.