

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business! 'This week's Gig - NO STIG!!!'

Taking the 'STIG' - out of STIGMA!

**"I'm starting with the man in the mirror,
I'm asking him to change his ways!"*

Michael Jackson*

My dictionary says: 'STIGMA'... *'a mark of disgrace' - 'a stain on character'!*

Now the 'Reality' of this situation is that far, far from being a 'disgrace' or 'stain' on us, our emotional issues **are simply just another important part of the patchwork of who we are as people!** It's important to note we are NOT just talking about Depression, Suicide or those *Salt of the Earth* Aussies with a Mental Illness! We include the FULL RANGE of *emotional health and well being* issues; emotional pain caused by grief, loss, separation, ANY life crisis; those of us who are dealing with the effects of great personal trauma like rape, domestic violence, military service; the list is almost endless!

Real change in any Community takes time! In 2006/7 I bought our first Hybrid Prius, 7 grid connected Solar Panels and replaced our electric water heater with solar, saving around 6 tonnes of CO2 every year since. I did this largley because I met a *beautiful* Bethany couple, test drove their Prius and looked at their Panels - which they had owned for years! I was ***sold!*** But before them, my Matron at boarding school, Betty Westwood, ***was TOTALLY before her time.*** As a young nurse during World War 2 she told me how she tried to stop the bulldozers from knocking down the jungle in Burma - to extend an airstrip. ***She then spent her lifetime - planting trees!***

In 2006 most people did NOT KNOW anything about Hybrid cars or grid connect pannels. How ironic that only 7 years later - ***our houses and wineries are now competing with themselves - as to who can fit the most panels onto their rooves, and every second taxi in our cities - is a Prius!***

Very sadly, our world today is just not filled with the same enthusiasm for changing our attitude to emotional health! **But YOU can make a HUGE difference! RIGHT NOW!** By realising this '*emotional stuff*' is something which many, many of us face and live with each and every day. ***It's as much a part of all of our lives as climate change OR ANYTHING else.***

😊 So the next time YOU look in your own *emotional* mirror! 😊

Make sure there's NO STIGMA - looking back!!!

It's as simple, quick and as easy as that. **And it's just NOT rocket science!**

This AD is written and paid for by Tim Barritt.