



Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

5 Antidotes to Suicide

- 1. Emergency Help Lines are there for YOU.** Perhaps you've just had a huge fight with your partner. It started in the bedroom at 11pm then moved to the kitchen; someone's said ***'it's all over'!*** You've got in your car and just ***'hit the metal'!*** It's 4 am, you're sitting in some lonely all-nighter on Highway 1 - ***'halfway to nowhere'***. You're thinking about all those trees on the road side on your way home! You're too angry and upset to think straight. **000 is the number which could save your life!**
- 2.** With the divorce/separation rate currently exceeding 40%, it's good to know **we can ALL have ONE relationship which is ROCK SOLID! A hard working, friendly local doctor will ALWAYS 'be there' for you; "for richer or for poorer, for better or for worse, in sickness and in health"!** They are trained to help keep you emotionally healthy, or refer you on to someone who can. **Having a good relationship with a doctor in good times, you have a 'goto' point if your times suddenly get tough!**
- 3. Reaching out for help! You may feel totally alone, but you don't have to be.** Remember, if you're distressed, depressed, desperate and suicidal, many good salt of the earth Aussies have trodden this painful road before you and are still alive – and at least halfway happy! **Your friends and community will help you get through. If you let them!**

😊 Reach out! Pick up your phone! It's just NOT rocket science! 😊
- 4. Know that lots of people love you! Heaps!!!** You may feel worthless, unloved, unwanted, particularly if you've just been rejected. But lots of people love you heaps, sometimes even the ones who say they don't!
- 5. So 'Get Connected!' To someone or something. Always remember -**
 - ***"If your dog thinks you're the best thing on 2 legs,***
 - ***Never go looking for a second opinion!"***

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