

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

**When the only light at the end of your tunnel -
is the headlight of an oncoming train!**

**So very often when something very big happens to us - it leads to
a 'train load' of other things 'comming at us'!**

- With **relationship breakdown** can come not just heartbreak - but 'legals' like divorce and custody of children, loss of family structure, relocation of place of living, financial worries and loneliness.
- **Losing your job** may hurt your ego, put you on the job market, lead to financial worries which may put pressure on your relationship.
- **Accident - Loss of your good health, which we ALL really value** may mean you can't work or get around, or do much at all - except perhaps worry about money, your security and your future!
- **Getting bullied, raped or sexually violated** is one of the worst things which can happen and is sadly just so very common! The untreated and unsupported effects of this can be many - and very devastating.
- **Getting involved in a 'scandal' or apparently losing your 'good name'**. Maybe you've got 'off-side' with a group of people, done something 'wrong' or perhaps broken the Law. This can lead to feelings of guilt, rejection, shame and loss of well being, good health and self esteem.
- And **being lonely**. Some people choose to live on their own and are happier this way, but if this is suddenly forced upon you as a result of bearevment, relationship or family breakdown, the combination of loneliness and heartbreak can in itself - be a lethal cocktail!

NO ONE is immune from finding ourselves in this 'tunnel'!

Unless you are terminally ill, **THERE IS ALWAYS A POSITIVE, HEALING LIGHT**
at the end of every tunnel - in the form of safe, caring Professional Help,

and bucket loads of LOVE, CARING ADVICE AND SUPPORT by your
community and those around you, provided you can 'open up' to recieve it!

😊 **We need YOU. To reach out for help! It's 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