

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

Suicide Hurts! Heaps!!!

"For every person who dies by suicide, at least 6 additional people are profoundly impacted for the rest of their lives."*

*Source - ABS, 3303.0, Preliminary Causes of Death, 2011, 2013.

In Suicide Prevention we look forward, NOT back. Like road deaths, some Suicides will always be a part of our 'landscape', **but just like road deaths, there is a huge potential so save thousands of precious lives!**

If you're reading this and are terminally ill and in great pain - your 'right to die' is both upheld and respected. Please don't read on. Next a note for those salt of the earth Aussies who have a mental illness - diagnosed or not, and all who have experienced great trauma like rape, sexual abuse or other violence; importantly including Military, Emergency and 'Service' Personnel. This group of wonderful people may well have to work harder to stay healthy and alive, and need all of the Professional help and services available, and the extra loving, caring support of their own 'connections' - and our whole Community.

Remember we look forward - to save precious lives - NOT back. There's no criticism here of anyone, past or present who has Suicided - or tried to! Now - instead of telling YOU 'what to do' - I make this personal statement.

"While I've never actually been suicidal, I know 'this territory', very, very well. I've had a lot of 'stuff' happen to me over my 62 years including getting badly bullied at school; and raped, at age 15. But I've always wanted to live 'till I'm 90! Then my dear Uncle Bill just died - aged 100! I've just 'lifted my sites'!!

But I'll carry the emotional pain of a suicide which happened 40 years ago, with me - till the day I die. When I do sometimes have suicidal thoughts I think; **how could I possibly inflict this deep emotional pain on ANY other person, let alone a whole Community - particularly for the rest of their lives?** If I still have any 'doubt' after this, I think of my little dog 'Tickles'. He's loved me and 'looked after me' so faithfully for 11 years.

Who's going to love him and look after him - if I die?

Then I remember - and 'practise what I preach', and say to myself

😊 **Pick up your phone Tim! 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.