

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

The best antidote to Heartbreak?

It's NOT Suicide!

*Since my baby left me, I've found a new place to dwell,
Down at the end of lonely street, at the Heartbreak Hotel,
I've been so lonely baby, I've been so lonely
I've been so lonely baby – **I could die!***

Unfortunately there are no Stats I am aware of on just how many good, salt of the earth Aussies Suicide - as a direct or partial result of heartbreak. But the 3 wonderful older Males I've known who took their own lives ALL did so shortly after *'being left'* by their long term partners. If I had \$100 for every person who has Suicided due to *'Love Life'* related matters - since Adam and Eve started looking at each other *'with intent'*, I'd be richer than Yoko Ono!

Most Males equate; Sex = Love! When we get *'left'*, and suddenly we're not *'getting any'*, we quickly conclude that *'nobody loves us - or ever will again'*. **Many good Aussies have reached this painful point - and 'killed' their lonely emptiness, anger and huge emotional pain – by killing themselves!**

It's my belief that our beautiful Aussie Females generally feel the same intense emotional pain of heartbreak. Some may be better at *'handling it'* than us blokes, but every day we lose 1 ½ of them. **The pain is the same!**

4 Positive Antidotes to Heartbreak Suicide

- **URGENT? Dial 000.** 😊 Reach out for help. It's **NOT** rocket science! 😊
- If you *'can tolerate the pain'* for longer – **see and talk to your doctor.**
- **Realize that you may be in for a long period of emotional pain until you work through your grief** and hopefully find *'someone else'*, so *'get connected'* to as many people as possible, don't forget your dog!
- **Book yourself in for a short stay at the *'Heartbreak Hotel'*.** While not encouraging anyone to *'get stuck'* spending too much time *'crying away their gloom'*, **it makes you realize YOU'RE NOT ON YOUR OWN!** **You'll be in some VERY good company!** **Half the world runs on broken hearts!** I just *'checked out'* yesterday – a greatly rejuvenated man!

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