

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

Instead of a Rope or a Gun!

This is the true story of Sarah who - at age 20, while out walking in a forest, came across a man, who had just hanged himself. Not knowing he was already dead, she tried so very, very hard to save him. **She was still extremely traumatized by this event when I met her – 2 decades later!**

My grateful thanks to Jeff Kennett of beyond blue - for putting the 'hope' - into this poem.

There is a learning
From this story,
Which I struggle
To impart,

**But if our men
Are feeling suicidal -
They should know,
That they just can't solve
Their problems**

**By dropping their
Deadly bundle...
Straight into
Someone else's,
Precious,
Innocent heart!**

Even in darkness,
There is always hope -
Which springs eternal,
As after night,
Comes the rising sun,

And there is **always**
Someone to reach out to,
**Instead of
A rope or a gun!**

😊 ***Pick up your phone! 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.