



Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

Got negative 'Stuff' happening in your head?

If in doubt – check it out!

In 2009 the then S.A. Treasurer, Kevin Foley - in a news conference he had called on the GST, tears welling in his eyes said ***"I have been clinically diagnosed with depression. It dates back to my early childhood and is something I have had for most of my life, not quite realising what the issue or problem was until clearly a catalyst occurred in the breakdown of my marriage and the dark places such events take someone to."****

*Source Michael Owen, SA Political Reporter, 'The Australian' 3.11.09.

Mental illness and Suicide Prevention is totally above and beyond 'Party Politics', and I wonder if this wonderfully courageous older Man truly realised the great legacy he has left S.A. - in sharing his own story so very publicly? In so doing he is helping to break down the stigma around the 'Stuff' in our heads, and potentially saving many good Aussie's lives!

My own take on 'Stuff in our heads' is that there are basically 2 types...

- **Normal 'Stuff'** – which we all have and experience – happiness, sadness, love, hate, anger, envy, lust, jealousy, yearning, grief, 'loss', worry, anxiety and stress. Also **from time to time**, feelings of not being 'good enough', rich enough, beautiful and handsome enough, successful enough, not 'as good' or happy as other people.
- **'I need to talk to my doctor' - Negative 'Stuff'**. This list **includes** 'dark thoughts' like wanting to harm yourself or wishing *you weren't around*, feeling **worthless, hopeless, 'useless', guilty, shameful, 'desperate'**; or very anxious. Also obsessional thinking or behaviour, loss of interest in 'life', *enjoyment*, company, sex; **any similar state of mind that hangs around for more than a week or two without a very good reason.**

But don't take my 'unprofessional' word. "If in doubt – check it out!"

"Mr Foley spoke of the importance of getting help early to combat depression, revealing how someone he knew to be suffering the illness had recently ended up dead in a gutter in Port Adelaide."*



We need YOU. To reach out for help. 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.