

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'It's NOT rocket science!'

Clouds bring rain, and look good too!!!

For a friend suffering depression.

I borrowed a 'Scope , to catch a view,
Of shy Mercury - and the *Seven Sisters*,
Travelling close - before dawn.

'Clouds, clouds, clouds!'

Night after night after night -
Up and down - in the small and lonely hours -
Watching and waiting.
'Clouds, clouds, clouds!'

'Clouds bring rain, and look good too!'

I finally said to my friend,
***'And above those beautiful clouds,
Such wonderful things are happening!
Perhaps sometimes - we just have to wait -
While far above - our stars are slowly shifting...'***

I wait - with baited breath,
With my borrowed 'Scope, to take a peek-a-boo,
To see if, in the twilight dawn, when no one else was looking,
Sly Mercury had *got lucky* -
And finally managed to *slip into bed* -
With those Seven Beautiful Sisters!

"Clouds bring rain" I said, 'And look good too!'

The time I got the most depressed was after 35 long years of being a workaholic. No time to scratch myself - let alone go to the doctor! Because I got depressed I realised I had to change my life around. I stopped being a workaholic. I then had time to look after myself by going to the doctor! I showed him the 2 skin 'patches' on my legs - which had been there for 2 years. **One was a malignant melanoma. Getting depressed - it saved my life!**

😊 If you think you may be depressed **you MUST see a doctor ASAP*!** 😊

If in doubt - check it out!*

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.