

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'YES U CAN!'

'I can't take this Emotional Pain!'

YES U CAN!!! A message from New York! With Love! x.

In 2011 I stayed in New York to celebrate my 60th birthday and spend some time with my 2 *Beautiful New York Sheilas* Maggie and Terre, world class folk singers I first met while singing in the London Folk Clubs, 1973. Terre lives on the 39th floor in a 'new' high-rise in Hell's Kitchen, a 5 minute walk from Times Square. Maggie in a much older 7 story block in the 'Village.

Terre saw the Twin Towers coming down 'in slow motion' from her window. Maggie's Fella Michael heard the first plane go over so very, very low, heard the first siren go off and went up on the roof for a look. **Said he put his binoculars down when he saw the first person jump!**

At the (then) information/tribute centre next to Ground Zero they had a wall filled with photos and personal effects of some of the 2,752 people who perished that terrible day! **It reduced me to tears - in 60 seconds flat!** I clearly remember three. 1. Photo of middle aged bloke, obviously a keen golfer, with a little, loving note, and a small plastic bag of coloured Golf Tees, neatly attached underneath. 2. A note from a young girl to her Mum, obviously 'gone missing' just after, and perhaps 'posted' on the street; *'Dear Mum, just wanting you to know I cooked tea for Dad last night ...'*. 3. A very neatly pressed and folded pair of **New York Fire Department** overalls with the name *Giovanni*, neatly engraved on the front!

Terre recounted how, 3 days later when they first started up the subways again, the ticket machines weren't working so there were long queues and long waits. When it was her turn, the woman in front of Terre started getting money out of her purse, but then suddenly burst into tears, totally overcome with her own grief and shock and unable to do anything except sob and cry. The *beautiful* ticket lady just said...

'That's alright Darlin'! You cry just as much as you like!

Lots of us - have a lot of crying to do!

New Yorkers know about heavy duty emotional pain! **It rained down upon them out of their skies.** But they've survived and 'overcome'! Time can be and is - a very great healer! New York lives on, so do it's *Beautiful* people.

Think **YOU** can't handle **YOUR emotional pain?** Think again!

😊 **YES YOU CAN!** 😊

xxx From New York! **With Love!** xxx

Written by Tim Barritt, **funded by a caring Barossa Sponsor.**