

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Un~~ever~~have2walkalone!'

Feeling Suicidal?

Pull out All STOPS!

1. Emergency 000. Getting desperate? **Reach for help NOT a rope or a gun!** You may need some 'looking after' for a while! You deserve it! **YOU** may not love URself anymore at the moment, but there are **plenty of others who do!**

2. S.A. 24hr Mental Health Triage. No transport? No money? No partner? No *credit*? But kids to support and care for? Having trouble looking after URself? **It's all got to you? Feel you're falling apart? 131465. It's 24/7 too!**

3. See a Doctor. **ANY Doctor will do, but preferably your own.** Don't be frightened to tell the receptionist you're suicidal/in emotional distress and ask for a double appointment! Any good Doctor will probably also give you a general check over; they are trained to spot signs of mental illness and can refer you on if needed. **They can then assess your situation, give you medication if appropriate, help you get a plan together for your recovery.** This immediately gives you a 'go to' professional reference point for your support and recovery and a friendly *someone* for you to 'lean on' if needed!

4. Changing your situation. **After you have seen your doctor. NOT instead!** If, as so often happens this is crisis/situational, like someone's just died or left you, lost your job, in trouble with the Law, Family Law like access to children/property settlement, financial, scandal, some sudden accident/incident, a run of bad luck or *negative* events etc - **this list is endless!** Then you may well need some help and support to get through this time. This may be grieving for a lost loved one, seeing a bank manager, lawyer, financial advisor or some other counselling. If there is an underlying cause which is driving your situation - **your recovery may be as quick as the time it takes to work your way through what needs to be done!**

5. Getting a support team around you. This may be a partner, 'family', mate, friend or someone on the end of UR phone 24/7 if needed. If someone's just died or left you and UR totally on UR own, don't forget UR dog. **Our dogs/pets are such powerful, loving forces in Suicide Prevention!**

😊 Feeling Suicidal? **Pull out ALL stops!** 😊

YOU NEVER have to hurt alone!

Additional support numbers - Lifeline 131114, Suicide call back line 1300659467, Domestic Violence/Sex Abuse 1800**RESPECT** 24/7, Kids Help Line 1800**551800** 24/7.

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