

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Don't make excuses Doc!'

An urgent, life saving call - 2 EVERY Doctor!

Doc, please put this sign in UR waiting room?

THIS PRACTICE VALUES YOUR EMOTIONAL HEALTH!

If you're feeling depressed, anxious, lonely, desperate or Suicidal - or know someone who is - YOU NEVER HAVE TO BE ALONE! Please feel very free to mention and discuss this with your doctor.

My own practice has the following recorded message as part of the telephone '*background*' for clients waiting to book an appointment...

'Every woman over 18 should have a pap smear every 2 years...

So come on girls, don't make excuses, make an appointment!'

Now I'm not a legal, 'ethical' or public liability person, but I fail to see the *difference* between the pap smear ad, and the life saving one above!

This sign would send a very powerful message **to a huge number of people**, including millions of Aussie Males who only go to the doctor when they are '*about to drop dead!*' Because their lovers/partners will carry this message back to them, into their kitchens, lounges and pillows!

A few basic pointers/tips 4U when seeing a Doctor.

After our 000 and other emergency numbers - our wonderful, hard working Doctors are the *front line of defence* against Suicide.

- 1. Remember, 'it's a free country' - UR paying a fee for a service.** If for ANY reason you don't like a particular Doctor, wrong sex, wrong age, don't *get on or talk the same language* etc, **shop around till U find one you like, trust and get on with!** Then staying with the same one can have many benefits!
- 2. Budget very tight?** Ask about bulk billing when enquiring on the phone. There are practices in our area who actively advertise as bulk billing.
- 3. Emotional health issues are arguably one of the trickiest areas which doctors and patients have to navigate through!** It's not all '*black and white*' like x-rays, lab tests and pneumonia! If in doubt - get a second opinion!
- 4. Everyone needs a minder!** The health system we have in this country is very good, but like any system, not always perfect. Patients aren't always in the best *place* to judge and advocate for some change to their treatment. This is where partners, family, friends, mates are so important, to alert doctors/nurses/staff to some issue which may need to be reassessed!

😊 **Prevention. It's Every Body's Business!** 😊

Including our Doctors!

Read more ads at www.suicidepreventionads.com

Written by Tim Barritt. Funded by a **caring Barossa sponsor.**