

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business! 'U'llloveURselfagainsoon!'

♥ **When we stop Loving ourselves!** ♥

For most of us, most of the time there are certain things about our lives we take for granted. Our good health, a secure place to live - often in a relationship or loving 'family circle', our jobs, businesses, happiness and general 'security'. But there is one more vital factor most of us take for granted - our sense of our own intrinsic value, importance and self worth.

When, for many different reasons this most important 'life sustaining' resource deserts us, **we're in Suicide Prevention territory!**

It can take many forms, here are just a few ...

- I'm totally worthless... Everyone else has worth but not me!
- I'm unlovable. No one loves me, cares about or values me.
- I'm a total failure. Nothing I've ever done:- job, relationships or anything else has been a success. Everyone's more successful!
- I'm to blame. Everything that *happens/goes wrong* is my fault.
- I'm Mr/Ms SUPER PERFECT! So I just NEVER *measure up!*
- Body image. Everyone is more handsome/beautiful than me!

While I'm NOT qualified to give professional advice, I do know my way around some of these 'pitfalls', I've had to *crawl* my way out of some very dark spaces! If U find UR self in such a place know this can happen to any of us, any time! But YOU CAN and YOU WILL get out! **U may not love yourself right now, but with professional help & plenty of support U soon will!**

Urgent? Dial Emergency 000, or ANY doctor, but preferably UR own. If you don't have the energy/inclination to pick up UR phone, no credit, or UR *battery* is just totally *dead*, ask someone to do this for you.

If YOU come across anyone in this situation, e.g. **they burst into tears over coffee saying they 'just can't go on'** - I'm not qualified to tell you what to do but there are plenty who are! If you think the person is at immediate risk of self harm pick up **UR PHONE, DIAL 000 AND ASK for advice!**

Have U fallen into a dark space? Think U can't get out?

Well I did! **UCAN2!!**

😊 **Reach for help - not a rope or gun!** 😊

♥ **U'llloveURselfagainsoon!** ♥

Additional support numbers. Lifeline 131114, Suicide call back line 1300 659 467.

MensLine 1300 789 978, Kids Help Line 1800 551800.

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