

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Kidshelpline1800551800'

Murder, Domestic Violence & Suicide!

Every week **1 Aussie woman is murdered by a partner or an 'ex'!**

While every week* **37 Men and 12 Women Commit Suicide!**

**Latest available yearly ABS Stats (2012), 2,535 Aussies died from Suicide.*

This column is a certified '*Violence Free Zone*', free of ANY violence not just to women and children but to anyone! This includes Suicide, a violent act in itself, and emotional violence like 'put downs', 'power' and 'mind' games!

It's just so very important that those who become 'at risk' of committing Domestic Violence, Murder or Suicide get Professional intervention **BEFORE** very strong emotions turn into destructive, violent behaviour...

Breakdown/Conflict > Strong emotions > **Violent Thoughts > Violent Actions**

Because we have so much of our lives invested in our relationships, it's not surprising when conflict/breakdown occurs it can often create very strong feelings. Sadly this is a 'reality' of our lives! But when thoughts start to become violent and destructive it's time to do something about them urgently - before **YOU** or anyone else gets hurt in ANY way by your actions!

You may have experienced/witnessed Family Violence before e.g. as a child in UR own family. This may be a reason why you may want to copy it. But there is **NEVER** any justification or excuse for Domestic Violence!

So if UR thoughts are becoming violent including feeling Suicidal, you **MUST** seek Professional Help PRONTO. If in ANY doubt, check it out! **Emergency 000 if urgent, MensLine 1300 789 978 or any Doctor, preferably UR own!** They can assess UR situation and refer you on if needed, there is plenty of good Professional help available, use it BEFORE anyone gets hurt!

Worried about UR own safety?

- **URGENT dial Police or Emergency 000**
- **Need to talk - 24/7. 1800RESPECT**
- **Suicide Callback line 24/7. 1300 659 467. Lifeline 13 11 14**
- **Young people, ages 5-25, 24/7. Kids Help Line 1800 55 1800**

😊 **Every1needs2feelsafeALLofthetime!** 😊

Pick up UR phone!

Read more ads go to www.suicidepreventionads.com

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