

Suicide Prevention

It's Every Body's Business! 'SUM1willalwaysloveU!'

Take heart! There's plenty of Love to go around!
Love is such a very basic, powerful force in our lives it 'Makes our world go around'! We get so attached to the one person, it's only human nature that we do! Many Suicides are 'Love Life' related, in particular when we lose a 'Love', especially if we get 'left!' We THINK we just can't go on without them <u>BUT WE CAN</u>! Like USA singer Michael Franti is saying in *'Hey, hey, hey!', there's LOTS of loving souls in our world. NOT 'Just two'!

*'Don't let nobody ever tell you that it couldn't be done Don't let nobody ever tell you that we couldn't be one Don't let nobody ever tell you that it shouldn't be sung Don't let nobody ever tell you you're the only one

One ... one ... one ... one!' Audio echo

Loss can happen at any age, any stage from teenagers right through to couples who've been together for decades. When we are, often very suddenly and unexpectedly, confronted with the reality that our 'Love' is gone, it's hardly surprising it causes so much personal emotional grief, pain and Suicide. Remember, if UR Suicidal, Reach 4 help*, NOT a rope or gun!

While long term relationships form the backbone of our Communities and should be supported and treasured, stats tell us over 40% of these are breaking down! But if I 'ran the world', I'd try to keep precious hearts <u>outside</u> of the 'emotional freezer', by turning the two messages below into a fridge magnet, and putting one on <u>every</u> door of <u>every</u> fridge in Australia!

> If you've lost UR Love and UR heart did break Take some courage and search 4 another, May U very soon find and discover, Some more Love - 4U2 make!

If all else fails, remember, our pets <u>know</u> about Love...

If UR dog thinks UR the best thing on 2 legs...
 NEVER go looking for a second opinion!
 SUM1willALWAYSloveU! ⁽¹⁾

*If UR Suicidal. Urgent? Emergency 000, otherwise any Doctor. Lifeline 13 11 14. Written by Tim Barritt, funded by a caring Barossa Sponsor.