

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'PickupURphone!'

Fear vs Reality!

'I've lived through some terrible things in my life, some of which actually happened!' Mark Twain.



'Most of us have a tendency to conjure up frightening images of the future. How often have you 'seen yourself' failing, being rejected, making a fool of yourself, losing your job, getting sick, growing old or getting into trouble of some kind. In a state of cognitive fusion, these mental pictures seem incredibly real, as if what we are imagining were actually taking place here and now. Naturally this can create a lot of fear. To paraphrase Mark Twain, we live through many frightening experiences in our lifetimes, and most of them never happen'. 'The Happiness Trap' by Dr Russ Harris. P86.



My 'Reality Take' on this.



I believe many Suicides happen when we are, often suddenly, faced with a new and very scary situation like a financial crisis, losing our job or Partner, health scare - this list is endless, and we become so overwhelmed with fear of what MIGHT happen, we become Suicidal. A few tips...

- **Have regular health checks** according to UR age/stage. Hear I urge U to do what I SAY, NOT what I DID! In 2007 I had 2 funny 'blotches' on my legs! I was so frightened they might be malignant melanomas, I didn't show my doctor for nearly two years! **One WAS!** Fortunately I'm still alive to tell this sorry tale! Hopefully **U will be too, if you see a Doctor* PRONTO** - with any lumps, bumps, 'waterworks' probs etc!
- **Other general fears! If in doubt, check it out!*** If it's urgent dial 000*! If UR becoming fearful, stressed, distressed, depressed, or UR quality of happiness is suffering for more than just a few days, see ANY Doctor* but preferably UR own. Don't be frightened to talk about UR fears, many of us have them! UR Doctor can give you a 'reality check'. Also look for any other issues U may have, and refer U on if needed!
- **Using UR friends/networks/mates.** AFTER U have seen a Doctor. **NOT INSTEAD!** UR mates can play a pivotal role in getting U through by giving you some 'reality', as well as some loving, caring support!



Filled with fear? Get it checked out!*



***Pick up UR phone!**

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