

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

'Hangontight2hope!'

♥ Searching 4 Love, Hope, Happiness & ♥

'Things'

Are not *just things*,  
When we get  
Attached to them,  
And we can choose  
To stay attached  
Or not,

But as time  
Never stands still,  
**We can't hang on**  
**To anything,**  
**Or anyone -**  
**Forever!**

So much emotional pain can happen when we can't find the Love or 'Things' we need in our lives to be happy and fulfilled! Like a partner, home, children, job, satisfaction, success, security, career, or 'Fame and Fortune'! Or when we've finally found them - and they are 'taken away'!

**We can then despair, lose Hope, and we're in Suicide Prevention territory!**

If this happens2U remember\* **DIAL 000** or **ANY doctor**, preferably UR own...

Afterwards, **NOT instead** - here are some tips...

- Struggling with depression, bad body image, can't find happiness, a job or a partner? Take a tip from Winston Churchill! **NEVER give up!**
- **'U can't take it with you!' - when U die!** My 'take' on this? I TRY to live in the NOW. YESTERDAY is gone forever. TOMORROW is always yet to come. So NOW - is the only time, I'll ever have! x.
- **Never, never give up on Love!** Long term relationships form the backbone of our communities, but the reality is that over 40% *come unstuck!* Happily, there's a lot of love in our world! So if UR Love dies or leaves U, take heart. Most of us manage to find love again!
- **Supporting each other.** Once I lost all hope. It was the worst 3 weeks of my life. But a 'beautiful' person carried it for me and rang me every day and gave it to me over the phone, till I got it back again! x.

♥ **Never, Never, Never, Never give UP!** ♥

😊 **Hangontight2Hope!** 😊

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