

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Peoplewhoneedpeople!'

😊 **Mates helping Mates!** 😊

The 'mantra' of this column is ALWAYS to guide those 'at risk' or in lots of emotional pain into Professional Care. **Emergency 000. ANY doctor, Lifeline 13 11 14, Suicide Callback Line 1800 659 467, Kids HelpLine 1800 55 1800.** But after this has happened, **NOT INSTEAD**, our networks of family, friends, mates etc. form such a powerful, important local 'connection', in giving loving, caring support in a range of different stressful, emotional situations!

♥ HEART SURGERY CAUSES PAIN ♥

by Gizelle Forgie of Taylor and Forgie Funerals.

Show me someone who has heart surgery and DOES NOT shed blood!

Their pain is real, their fear is real, 'why me, will I survive?'

We understand PHYSICAL pain, have compassion and give people help with their healing, for however long it takes. We know their body and mind have received a great shock. So it is with EMOTIONAL pain... **it's like having your heart ripped out and you are bleeding with all the regrets, fears and anxieties.** Counselling is available - sessions where you can pull down the MASK and talk about REAL STUFF.



But what happens the rest of the time? **The long nights when thoughts are jumbled and scary?** Mates, Male and Female, can help each other every day and night through that long healing time.

How?

- **ASK** eg 'How's it going?' When they answer 'I'm fine'. Say 'I guess it's a real bugga for you... wanna coffee?'
- **LISTEN** without judgement. Let them repeat over and over what they need to say. It's like getting the poison out.
- **ACCEPT** what they have to say. Without agreeing or disagreeing. They are processing.
- **MAKE CONTACT** on a regular basis. Just saying 'What you up to?'
- **ALLOW TEARS**, not embarrassing.
- **DO NOT** give advice or use clichés eg 'You have to get on with your life.'

😊 **You are soothing their pain.** 😊

Thank you!

Written by Tim Barritt and Gizelle Forgie. Funded by a caring Barossa Sponsor.