

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'It's OK to say - I'm NOT OK!'

'RU 😊 K?'

If more of us asked this question more often, our world would be a happier place! These ads specifically target our 'Whole Community' because by looking after both ourselves and each other by asking and replying to this simple, 'beautiful', potentially Life Saving question - many more of us will stay happier - and alive!

😊 **If UR asking?** 😊

- There may be **a thousand different reasons why you may ask this question.** Maybe it's UR Partner, family, neighbour, friend, mate, work colleague etc? Whatever you've noticed, something they're saying or not saying or some change in their behaviour, it really does NOT matter why! The important thing is just to ask the question!
- **There are also a thousand different reasons why we can 'get into trouble'** and become distressed/Suicidal! Some common ones are loss of someone or something close or special, financial, mental or general health issue/crisis, and loneliness. Also *Love Life* related, like being *left*, and Family Law, e.g. custody of and access to children.
- If someone tells U they are Suicidal, every situation is different. I'm NOT qualified to tell you what to do, but there are plenty who are! If urgent, **dial 000* yourself, and ask for some Professional advice!**

❤️ **If UR answering.** ❤️

It's OK to SAY - 'I'm NOT OK!'

- **Don't U try 2B - a dead hero!** While we can all be so very good at hiding our troubles, problems and emotional distress from the outside world, nothing is more important than staying emotionally healthy - AND ALIVE. Nothing! **It's OK to say - 'I'm NOT OK!'**
- **If UR in great distress,** particularly if UR feeling Suicidal, you need to make the first step on UR road to help and happiness - and tell **SOMEONE**, and then get the help you need and totally deserve.*
- **Worried about STIGMA,** what others will think - or that you will be seen as a 'weak' or 'deficient' person? Know UR one of millions of 'good Aussies' who sometimes are NOT O.K.!

😊 **Make RU 😊 K Day - EVERY DAY!** 😊

*Emergency 000, any Doctor, Lifeline 13 11 14, Suicide Callback Line 1300 659 467.

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