

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Pick up UR phone!'

Trauma!

***'No findings yet from Police Suicide Task Force!'**

**This introduction by ABC Radio's 'P.M.' presenter Mark Colvin began a report by William Verity on Police Suicide. March 6, 2115.*

**'It's been a year since the ABC revealed that at least 5 times more police officers kill themselves than die in the line of duty. After that revelation, the then NSW police minister, Mike Gallacher, announced a taskforce to investigate police suicide and attempted suicide. It was to be the first such taskforce in Australian policing. Yet 12 months on, nothing has changed. The taskforce has met 3 times but produced no findings. In the meantime, at least 5 more serving or former NSW officers have killed themselves.'*

😊 **Trauma can kill U!** **But only if U let it!** 😊

Trauma comes in different shapes and sizes! It's not just our Police, Ambo's, CFS and returned Military, but those who've experienced rape, sex abuse, domestic violence, criminal attack/violence, bullying, accidents - those who find a Suicide etc. who have to live with their memories 24/7/365!

- This group of wonderful, 'beautiful', brave Aussie souls may well have to work harder to stay halfway happy and alive, and need extra care and support! While I'm not qualified to give advice on how to 'soften' the impact, a violent attack I experienced as a teenager makes my message here VERY SIMPLE! If you've had trauma and it's troubling you, **get Professional help PRONTO.***
- Here I urge U to do what I SAY, NOT what I DID! Being Male, I thought I had to be big, strong and totally indestructible - ALL OF THE TIME! So I didn't seek the help I needed for over 20 years!

😊 **A Good News Footnote!** 😊

Our world is filled with folk who've suffered huge trauma which has done lots of damage and I fully appreciate why! But there are also many who have not 'just survived', but are living halfway happy, rich and fulfilling lives. Achieving this may well not be easy and may not happen overnight, but with determination, hope and support, anything is possible!

😊 **Pick up UR phone!** 😊

***Emergency 000, ANY Doctor, Lifeline 131114, Suicide Callback Line 1300 659 467.**

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