

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'*GetwaybackBlue!*

The Black Dog '**BLUE**'.

Did U wake up one a.m. and *Blue* was on UR doorstep?

It can happen to anyone!

Now there's a thousand different reasons why this might happen. Maybe U have a Mental Health Issue. Maybe not. Maybe something happened a long time ago and U can't get that *Black Dog* off UR tail! Perhaps Life's dealt U some really tough cards like major trauma, someone's died or just left U, you've got financial, legal, Family Law, scandal, farm or business issues, relationship problems, major health issue, this list is just totally endless...

😊 **U will NOT be alone!** 😊

**"The World Health Organisation estimates that depression is currently the 4th biggest, costliest and most debilitating disease in the world, by 2020 it will be the 2nd biggest."*

*"But more startling than those statistics is almost one in two people will go through a stage in life when they seriously consider Suicide and will struggle with it for a period of 2 weeks or more." **

*'The Happiness Trap', by Dr Russ Harris.

😊 **Think U can't handle it? Think again!** 😊

Our Aussie health sysem is NOT perfect but by world standards it's very good. **By reaching 4 UR phone***, NOT a rope, gun or piece of hose, hopefully you'll soon find when you look behind you, that *Black Dog* is nowhere to be seen, but don't expect it to 'just disappear' overnight!

If UR one of the many who lives with a Mental Health Issue, try reading Craig Hamilton's book '[A Better Life - how our darkest moments can be our greatest gift.](#)' Craig lives with Bipolar Disorder. A sports commentator on ABC's weekly *Grandstand*, he's a husband, father, *beyondblue* ambassador and speaks regularly at community forums, conferences and schools. His book is filled with handy tips, hope, and a dash of humour!

Think U can't 'handle' UR 'Black Dog'? It may not be easy but...
Millions do!

😊 **UCAN2!** 😊

***If UR Suicidal. Urgent? Emergency 000, otherwise any Doctor, Lifeline 13 11 14.**

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