



# Suicide Prevention

It's Every Body's Business!

'RIP Bob Marley\*'

*'Some people feel the rain,  
Others just get wet!'*\*

Every winter, across our beautiful country, huge numbers of Aussies brave our sporting stadiums, ovals, netball courts and hockey fields, as players, parents and spectators. Sometimes, we all get very wet!

An extreme example of this came recently in April when the (NRL) Sharks met the Rabbitohs at Ramondis Stadium in Sydney, the news story read...

"Cronulla hold firm to deny South Sydney in wild weather conditions:- In torrential rain, there were 87km/h winds, surface water at one end, the press box was flooded and some brave fans were spotted in the 3,978-strong crowd decked out in full length wetsuits complete with snorkels!"

Now how many of these brave Aussies were 'just getting wet', and how many were 'feeling the rain' (not those in the wetsuits!), who knows? Bob Marley's quote\* implies to me that if you're a 'rain feeler', you're a better person than a 'just get wetter', but there's no better or worse here!

Some of our biggest, toughest 'totally drenched' macho Males can have the softest, gentlest hearts, and you'd never know just by looking!



**But we're ALL susceptible to emotional pain when life throws 'stuff' at us. Like someone dies or leaves us, Family Law, health challenge or other major crisis etc :- and the unhappiness, depression and suicide which can result.**

By breaking down the myths about Males 'never having to worry about getting soaking wet', the stigma around Mental Health Issues, and getting the message through that *it's 'OK to say, I'm NOT OK'*, and reach for help\*, we can all keep ourselves, our mates and loved ones, happier and alive!

😊 Even on those torrential, wetsuit and snorkel days! 😊

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

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