

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

*'Pick up UR phone!'*

😊 **Some basic info 4U!** 😊

1.

**Suicide is A HUGE killer!** Last decade while 14,486 died on our roads, 23,865\* 'Good Aussies' killed themselves, including 5,310\* **Females.** Source ABS\* and Wikipedia.

2.

**This can happen to anyone at any time.** It's not just farmers, Males, those with depression/mental health issue, who Suicide! ***"An acute situational crisis can lead to suicidal behaviour!"*** \*

*\*beyondblue website.*

3.

**U NEVER have to hurt alone!** If UR becoming depressed, distressed, desperate or Suicidal, pick up UR phone! \*  
You **CAN** get through this, but don't try to do it on UR own...  
No one wants U to be - 'a dead hero!'

4.

**Worried about someone? Think it's urgent? Not sure what you should do?** Pick up YOUR phone, dial Emergency 000 and ask for some professional advice. If less urgent, find out lots, lots more on... [www.beyondblue.org.au](http://www.beyondblue.org.au)

5.

**One of the best antidotes to Suicide,** as well as professional help\* - **NOT INSTEAD** - is the loving, caring, help/support that U may be able to give to someone in your own Community who is hurting. Lover, partner, family, friend, work or team mate, neighbour etc.

😊 **The Life U save** 😊

**Might not just be UR own!**

***Pick up UR phone!\****

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

Advert written by Tim Barritt. Funded **by the kitchen staff** of a caring, Gawler business.  
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