

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

*'Pick up UR phone!'*

## When Talk - saves lives!

**Feeling suicidal? - *It's time to talk!***

Sadly, many Suicides occur because we are unable to reach out, to share and convey our distress, and ask for help! Here are some common reasons why, with some suggested positive antidotes:-

1.

**'She'll be right mate! I can handle this on my own!'**

What if SHE (or HE), just isn't right. Mate! Someone's died, left or rejected you! No Man (or Woman) needs to be an island. If you break your arm, you go to hospital and get it set. If your heart's broken, you're angry and suicidal, you'll also need some help\*. U NEVER have to hurt alone!

2.

**'I'm the only person in the world this has ever happened to!'**

While everyone's situation is unique to them, we all grapple with the same basic, emotional issues which can cause us huge stress, grief and pain, often unexpectedly, right *'out of the blue!'* You've just joined a very big club!

3.

**'I'm NOT going near no Doctor. Not in 100 Years!'**

Do U think *Real Men* don't get depressed? Well 17,606\* *real, good Aussie Males* Suicided last decade, lost to their families, friends and communities.

\*17,606 *'real good'* reasons for making an appointment! ABS\*

4.

**'I'm not talking to ANYONE about that stuff!'**

Many find it very difficult to share and express our innermost feelings. But you don't have to be a poet laureate. *'Doc, I'm not travelling too well'* or *'I'm having dark thoughts'* - is all you have to say to get started!

5.

**'Everyone will find out what's happening and think less of me.'**

There's still stigma around emotional health, but times are changing. You just might get a pleasant surprise to find many other's have similar problems and they will not judge or think poorly of you!

😊 **UNEVERhave2hurtalone!** 😊

**\*If UR Suicidal. Urgent? Emergency 000. Otherwise any Doctor.  
Lifeline 13 11 14. Suicide Callback Line 1300 659 467,**

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