

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

**\*LookingafterU!\***

**\*Invest in UR Mental Health\***

and U will



***\*"Open me up and you will see  
I'm a gallery of broken hearts,  
I'm beyond repair, let me be,  
And give me back my broken parts***

***I just want to know today, know today,  
I just want to know something today  
I just want to know today, know today,  
**Know that maybe I will be ok!"*****

**\*Ingrid Michaelson, a wonderful, beautiful, gifted singer/songwriter, New York born (1979) and bred, is part of a new generation of entertainers who actively promote and 'role model' a positive approach to Mental Health issues, particularly around heartbreak, loneliness and positive self esteem.**

**\*Google UTube 'BE OK', 'Girls chasing Boys chasing Girls', 'Maybe' etc.**

**It doesn't matter if UR a young teenager, an old 'dinosaur' like myself, or anywhere in between, if you're struggling with UR Mental Health, there is plenty of excellent help\* available. We're also so lucky to be well serviced with counsellors\* and psychologists\*. Invest\* in UR Mental Health and...**

**😊 BE OK and STAY OK! 😊**

**\* Urgent? Emergency 000. Any Doctor. Lifeline 13 11 14.  
Suicide Callback Line 1300 659 467.**

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