

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Alifejacket4URheart!'

Message in a Bottle!

Got that *sinking feeling*? All 'washed up' and ready 2 'go'?
Well someone who's been there before - has left a little note ...

Just 4 U!



RU drowning in a sea of sadness
anger, desperation or despair!
know there are many who carry 4U
a *cargo* of loving *care!

think U can't stay *afloat* anymore -
UR **much stronger than think!**
U CAN always make it - back from *the brink* -
safely to UR shore!

if U never sail without
this **life jacket** around UR heart!
you'll always have or be able to find
a course to *terra firma* - 4U to chart

so when UR seas R very stormy -
this little note*
will never fail to keep U in UR little boat
safe, dry, alive - and always still *afloat*!

😊 **There's *Life* in this bottle!** 😊

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.