



Suicide Prevention

It's Every Body's Business! 'It's NOT rocket science!'

RU Feeling BAD - about feeling SAD!

The World Health Organisation estimates that depression is currently the 4th biggest, costliest and most debilitating disease in the world!

When you're feeling SAD, YOU might be depressed - or simply having one of life's many traumas, loss, grief, health issue etc, you have ENOUGH on your plate dealing with the issue itself! But remember - **UR NOT ALONE!!** So put YOUR valuable energy into healing and resolving whatever is hurting you and making you sad. Don't waste it feeling bad - just because you're sad!!

To help illustrate this point I share part of 'my story' with YOU. If ALL the people in the world who have been raped, sexually violated or abused were brought together in one place, I believe there would be a HUGE BODY of people! Especially so - since so many of these events, like my own rape at the very tender and sensitive age of 15, in 1967, go totally unreported!!!

I spent 20 years feeling SAD, BAD (and MAD!) - thinking I was the ONLY one who this could ever happen to! I also stayed 'loyal' to the *insider* who did it! NO ONE 'could possibly know or share what it was like', but being Male, I also thought - '*a bit of sexual abuse would never do ME any harm!*' I was wrong. **Almost DEAD WRONG!** After I got the professional help my heart so badly needed - I discovered **I was NOT ALONE.** I've since realised the effects of Rape/Abuse; the *violation, betrayal, shame, anger, loss of self worth* etc. are the same for our Beautiful Aussie Females, across the gender divide!

Our media continually feeds us with stories of sexually abused people whose lives have been 'shattered' or 'ruined' forever and I FULLY understand and appreciate why they feel this way! But we almost **NEVER** hear of those who have had this experience, overcome it, and who are now more than 'halfway happy'. Well here, in my story - is ONE!

Major trauma like Rape and Sex Abuse are not the only things which can ruin our lives! Depression, separation, unresolved grief, loss etc. can do it too! But only if we let it - it doesn't have to! Don't be frightened to get professional help like I did. You'll be in some VERY GOOD COMPANY!

😊 **Put UR valuable energy into healing yourself!** 😊

Don't waste it feeling Bad - just because you're Sad!

This 'private' advert promoting general Suicide awareness, written and paid for by Tim Barritt is **NOT A SUBSTITUTE FOR PROFESSIONAL HELP - OR HELP LINES.** If you or someone you know is feeling Suicidal, the first *port of call* should URGENTLY be a Doctor or Emergency 000, Lifeline 131114, Suicide *call back* Line 1300659467.