

WE NEED  
**YOU!**



# Suicide Prevention

**It's Every Body's Business!**

**'It's not rocket science!'**

***\*I've just got to get a message to you,  
Hold on! Hold on...***

**But you don't have to be a \*Bee Gee - to tell someone UR hurting!**

In the ambulance, hurtling from Gawler Emergency to the Lyell Mac while having my recent heart attack - my 'ambo angel' kept asking me 'on a scale of 10, 0 being normal and 10 being unbearable, how much are you hurting?' Thanks to the large quantities of morphine she kept squeezing in to the back of my hand, it never got more than an 8 - but it was NEVER less than 7 - until the stent finally went in! **My heartache was JUST HUGE!**

While our Women may be more 'emotionally savvy', us Blokes have hearts just as HUGE as any Woman, and the bigger the heart, the more it can hurt, and the easier it can break! Now while it may be also generally true us Fellas have more difficulty in communicating our feelings...

In 2010 I was approached by a most Beautiful younger Aussie Female who wanted me to help her write a poem to tell her Fella just how much she loved him and just how much he really meant to her! This is what I said...

***'It doesn't matter what U say, or just how U do convey  
If UR words R totally clumsy, UR English is totally broke!  
If they come from UR heart, that's the very best start,  
If he's a halfway loving, caring Bloke,  
I can guarantee - he'll quickly see  
The heartfelt gist - of the words you've spoke!'***

Many Suicides happen because we're hurting deeply inside - but are unable to communicate this to someone else! Try ***'I'm hurting, I'm feeling depressed, lonely, worthless, 'desperate', I'm feeling suicidal, I've lost all hope, I just can't go on!'*** If you know someone who may be hurting and who may struggle 'to convey', consider offering to go with them to their Doctor to support them and help them to tell their story!



**We need YOU. To pick up your phone. It's just NOT rocket science!**



***Read more ads at [www.suicidepreventionads.com](http://www.suicidepreventionads.com)***

This 'private' advert promoting general Suicide awareness, written by Tim Barritt, **funded by a caring Barossa Sponsor** is NOT A SUBSTITUTE FOR PROFESSIONAL HELP OR HELP LINES. If you or someone you know is feeling Suicidal, URGENTLY see a Doctor or dial Emergency 000, Lifeline 131114, Suicide *call back* Line 1300659467.