

WE NEED  
**YOU!**



# Suicide Prevention

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

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

## \*Good Morning!

*\*You know it's a good morning when you wake up with everything you need!*

*\*Advert for 'The Leader', back page 12.3.14.*

### **'Wake up' - check list ...**

**Am I still breathing?**

**Yes. It's a great day!**

**Am I terminally ill?**

**No. Your day's just got a whole lot better!**

**Is anyone around me about to leave - or terminally ill?**

**No. Just fantastic! Even better still!**

**Is the weather going to be cold, wet or windy?**

**Yes. Maybe with a beautiful crisp – lovely winter's chill!**



*I never try*

*To make poems 'preachy',*

*People don't like their poets being 'teachy'!*

*A melanoma, a life six decades old,*

*You never know, just how it will unfold!*

*A long term Love - with whom I'm now apart,*

***I woke one morning ...***

***Knowing the things***

***Now very precious ... to my heart!***

**They say there's only 4 things we need to survive and reproduce. Food, water, shelter and sex!** But 'they' forgot about some 'happiness and contentment', like feeling good about ourselves, who and 'where' we are - and having someone to love and hold, and love and hold us in return!!

**Remember with a dog, U can always walk - with love by UR side!**

Even if UR dying, **there's ALWAYS someone to turn to!**

**To help YOU wake up in YOUR morning. With everything you need!**



**You may have to look long and hard to find them!**

**But pick up UR phone! It's just NOT rocket science!**



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

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