

WE NEED  
**YOU!**



# Suicide Prevention

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

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

***R some things really - better left unsaid?***

***\*'I always tell my kids', said Leanne,  
'Never give 100% to anyone,  
Always keep 10% back for yourself!'***

**\*This quote, from a poem I wrote in 2007, features a most wise, 'Beautiful Aussie Female' who is incidentally, one of the proprietors of a Lyndoch restaurant where the food, coffee and service is as good as you'll get!**

Here Leanne is articulating a very basic 'Golden Rule' of 'emotional protection'. **We ALL need a special private place within ourselves which is NOT shared with the outside world!** This gives us 'protection' from outside, prying eyes, a feeling of 'emotional security' - and a private 'place' we can always *goto* with safety. This helps to keep us emotionally healthy!

Unfortunately however, many suicides happen because it is often this very 'private world' that gets distressed, 'desperate', confused, frightened, disorientated, hopeless, ashamed, guilty etc. **With nobody to talk to, share with or discuss what's happening inside your head these things can become simply unbearable. We are now in Suicide Prevention territory!**

## **Finding someone 'safe' - to share UR inner 'space'!**

- 1. Your doctor or other mental health professional.** They're trained to help keep you emotionally healthy. But be aware that some 'private' things you tell them MAY get passed on, e.g. like if UR feeling violent towards yourself or someone else. Remember the most important thing is your emotional health, but if concerned, ask before you tell!
- 2. Your Partner** If you're lucky enough to have one, who is also loving, savvy, caring and a 'confidant and friend', count your blessings!
- 3. A special mate/friend!** With the divorce/separation rate heading towards 50%, there's a very good chance that at some point in your life you are going to need to talk about your own relationship to someone. Good friends who you can trust and talk to - are pure gold!



**Need to talk? Pick up your phone. NOT a rope or a gun!**



***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.