

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Pick up UR phone!'

Staying in touch with reality!



Every Body has the right to a happy, peaceful Head and Heart!

Suicides can happen when our view of what is REALLY going on in our lives becomes negatively distorted and we become acutely emotionally distressed as a result. How many times have I heard after a Suicide - *'He had everything going for him. Beautiful wife, good job, well thought of and respected, lovely home and kids and EVERYTHING to live for!'*

Somewhere in the heart and mind of *'this'* good Aussie was a perception that his(her) 'reality' was somehow different; a lot 'worse and unbearable', than most other people would normally see this situation. The reasons why may be endless, **but the bottom line is he needed professional help and DID NOT GET IT!** If this starts to happen to YOU - or if you see it in someone else - the latter is VERY IMPORTANT because very often we can not see this happening in ourselves, but it's a lot easier to see in those around you - if they're not carefully keeping their acute distress a closely guarded secret...

Here are 3 survival tips 4 URself and others!

1. If YOUR HEAD and HEART are not travelling peacefully together for any more than a few days and UR becoming distressed for ANY reason, particularly if you can see no good reason why? Golden RULE! If in doubt, check it out. See a Doctor. PRONTO!
2. If you know or suspect someone to whom this may be happening, **YOUR action may just save their life.** This is a very 'tricky' area where every situation is different, but it may just be as simple as telling them what you've noticed - and suggesting they see their doctor.
3. If you think someone is at immediate risk of killing themselves, and that by 'approaching' them this may 'precipitate' this happening, I am NOT qualified to advise you what to do, but there are PLENTY OF PEOPLE WHO ARE. Pick up UR phone. Emergency 000, or see below*.

😊 RU in distress? Seen someone in trouble? 😊

Pick up your phone!

Read more ads at 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.