

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

'Don't UB a Dead Hero'

**If U have an emotional HEART ATTACK!**

**Stay Alive! Don't UB - a Dead Hero!**



Last year I had a heart attack of my own, and could well have lost my life - **because I did not reach out 4 help soon enough!**

I was trying to take 'young' Alan (66) out, competition night, Gawler squash courts. He 'got the jump on me' and got the first, but I managed to get a couple of my 'trademark' backhand 'chaffcutters' in - hard, fast and low, down the side wall - and levelled at 1 all. **Despite starting to have this huge pain in my chest** (I must have pulled a muscle!) - I threw 'everything' at him in the third, but lost it. By this time the pain was becoming almost unbearable and I was quite spent - **but I didn't say a word**, and went through the motions just 'holding up my reputation' in the 4th, and lost 3-1.



I smiled, shook Alan's Hand, thanked the Ref, had a drink, changed my shirt, said goodnight to everyone, picked up my bag - and had my hand on the door ready to walk out, get into my car and drive home. **Alone.**

I don't know to this day what made me do it. But I turned around, walked to the counter, and said to the lovely 'Jules' - ***'My chest is hurting, please drive me to Gawler Emergency. And I think we might need to hurry!'***

Next thing - I'm hurtling at very great speed to the Lyell Mac with my Ambo *Angel* squeezing morphine into the back of my hand. (Outcome all good! x)

Now I'm no *Angel* myself, don't get me wrong, but I'm pretty fit and halfway healthy - my doctor nearly fell off his chair when I told him! But I could have died because I was too stubborn, pig headed and frightened, to admit to ANYONE that I was hurting so much, and in HUGE, HUGE pain.

**If YOU have an Emotional heart attack - and find yourself in HUGE EMOTIONAL PAIN! Don't be silly and stubborn like I was! STOP! ASK 4 HELP!**



**Reach 4 help! NOT a rope or a gun.**



**Stay alive! Don't UB - a DEAD HERO!**

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