



Suicide Prevention

It's Every Body's Business!

'It's not rocket science!'

Words

*(*By the Bee Gees)*

*** 'Talk in everlasting words, and dedicate them all to Me.**

And I will give you all my life, I'm here if you

Should call to me.

You think that I don't even mean,

A single word I say.

It's only words, and words are all I have, to take

Your heart away!'

Someone said to me recently 'Tim, you're a Gentleman and a Scholar!' I said 'You're right about one of these!' He asked 'which one'? I wouldn't tell him!!!

Because I write 'in public' - I also sometimes get people saying to me 'You write so very well!' Now at this point I do two very important things. I thank them for their wonderful compliment, and then say...

*'But I bet there's something **YOU** do that you're just as good at too! **YOU** might not be in the 'public arena' like I am, so your skills aren't so obvious to the rest of the world! It might be driving a CFS truck, umpiring under 14 hockey, being a wonderful Mum or Dad, Grandparent, or simply being a 'bright and cheery person' around others... the list is simply endless!'*

My general 'take' on all of this is that we're all born 'worth a million dollars'.

We're ALL special. Each in our own way! **But we can become suicidal when our self worth fails us - and we think we have no worth at all!! This is when we need to use some 'words' - pick up our phone and put out a distress call!**

But what if, like has happened to me, you make the call. And words fail you! YOU are too upset to talk? If this happens and YOU are on either the send OR receive end of such a call. Don't panic. Just hang onto UR phone, and that beautiful, valuable person on the other end. **Eventually, you'll make a life saving 'connection'. Far better to be hanging onto UR telephone. Than hanging on to a rope; gun, bottle of pills, steering wheel - or piece of hose!**



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



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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.