

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'UCANcatchthewind2!'

*When the winds of change blow
Some people build walls.
Others build windmills!*

There are countless reasons why we become Suicidal. It may be one single thing which comes at us unexpectedly '*out of the blue*', or a series of things which accumulate over time. **But one very common 'ingredient' is that in some way or another we are confronted with or forced to CHANGE!**

Maybe '*out of the blue*' we have an accident/major health issue, perhaps after a lifetime of excellent health, a financial crisis or we have just been 'left' by our partner, again sometimes after a very long time together. In this case we may suddenly have to confront the fact that we're living on our own, access to our children may be threatened, we may lose our family structure and even our family home and we may be forced into the legal system using Family Law to resolve these issues! **All very scary stuff!**

It's just part of human nature we 'get attached' to our good health, loved ones, families, homes, businesses and lifestyles. But when these are 'taken away' from us we can think we 'can't go on!' We may THINK this, but with support we always CAN! For every **challenge** we're faced with, somewhere there is an **opportunity**, although it may often be very hard to see or find!

To share an example, I got violently sexually attacked at age 15. Sadly the current 'media stereotype' of such trauma is that it can '*ruin someone's life forever*'. Now my road hasn't been *easy street*, don't get me wrong! But this ad and the 50 before it have been made possible BECAUSE I HAVE HAD THIS EXPERIENCE. This is where I learned first hand about the negative effects of emotional pain! **I've turned a HUGE negative into a HUGE positive!**

So if U wake in the middle of UR night and the winds of change are blowing furiously against UR precious *home*, and UR in great fright and panic! While UR getting professional help* and sorting out what to do, take heart...
U MAY need to build some more walls but...

😊 **UCANcatchthewind2** 😊

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.