

Suicide Prevention

It's Every Body's Business!

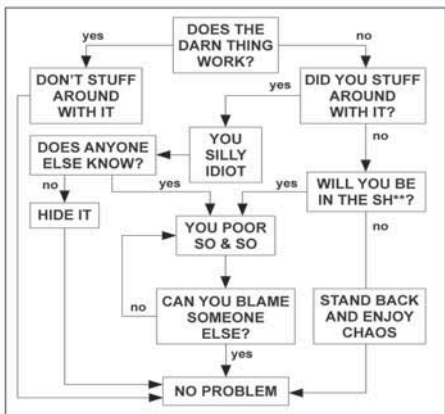
WE NEED YOU!



'It's NOT rocket science!'

The BLAMEing Game???

*Farmer's Infallible fault finding flowchart!



BLAME CAUSES MANY SUICIDES/HOMICIDES!

- If you suddenly find yourself in a self blaming situation, e.g. like some unexpected crisis, accident/tragedy, **reach for help, NOT a rope or gun!! Dial Emergency 000.**
- If you find yourself getting overcome with self blame at any other time. **It's time to see your doctor.** They can refer you on if needed!
- **Also if you are being consumed with blame/rage for someone else,** in particular a lover, ex partner or someone who you think has done you 'great wrong' – especially if you're having violent thoughts towards them. **You must get help quickly. Mensline 1300 789 978.**



DON'T LET BLAME HURT YOU - OR ANYONE ELSE!



Read more ads at www.suicidepreventionads.com

Flowchart thanks to Tungkillo/Harrogate Landcare Group pamphlet. Some text change!

Advert written and paid for by Tim Barritt.

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