

To Whom It May Concern,

Re the Inquiry into Mental Health,

I have battled Depression /Anxiety and suicidal ideations for years. (diagnosed by a Psychiatrist).

I have cried out time and time again for help. I have been placed on Anti-Depressants, changing them as they stop working.

As I write this, I am coming down off yet another. I have been placed in “lockdown at the local hospitals Emergency Department numerous times, by the police and by the Queensland Ambulance. To be let go a few hours later.

As I said I have cried out for help, I cannot cope with it all any more. Yet here I sit alone. The only ‘help ‘seems to be talk therapy and drugs. The help I and no doubt others need to ease things just isn’t there. Is suicide the only solution?? It seems so.

The government doesn’t seem to want to deal with the real issues, let alone fixing them or even trying to.

The Mental Health System is a fraud and a farce.

Julie Couzens