

**Sent:** Saturday, 28 March 2015 12:38 PM

**Subject:** Military Mental Health inquiry

To whom it may concern,

I am writing this because I am an ex serving Ran submariner although I did not serve overseas. As such there were many things that I saw and took part in that left me with mental health issues, other medical conditions

I am involved in several ex service organization one such organization in bitten Peninsular Young veterans association has a plan to set up a number of supported accommodation that will on a temporary basis house veterans and their families who are experiencing mental health issues due to service they will then provide all the support services the family needs to get through this dark time in their lives. The idea is to treat veterans and their families to prevent suicide from occurring which is a major issue at the moment this idea should be funded and supported and become a nation idea.

Because mental health issues can occur during and years after service and in some cases ends in suicide. Sometimes the Defence services don't pick up on it for several reasons and these people are left to their own devices or leave the services with no help. One way to combat this is an annual mental health survey via a GP or allied health service during a members service and after their service every 2 to 3 years this will help to reduce the number of suicides and improve the mental health of members who serve.

These things will help to lower the rate of suicide and prevent mental health issues before they get worse.

Many thanks

Timothy chesterfield

Ex Ran serving member