

To Whom This May Concern,

My intension, regarding this email ,is to bring to the attention of ,The Senate Inquiry , the very real and disturbing facts of ongoing , continued Suicide incidents. I am a Suicide Survivor, in more than one aspect , relating to this everyday occurrence. In the following , I will inform the reader of my personal details and accounts of true experiences due to Suicide, holistically.

My name is Janice Brown , I am 48 years of age, single caucasian female. I was bereaved by my Father at the age of 7, and my mother at the age of 20. I am an only child and have no siblings. I am a public servant . I worked for Australia Post for 17 years and am currently employed by Queensland Health as An Assistant in Nursing. My home environment is A Granny Flat , beneath the house of a semi-retired couple. I became insolvent 6 years ago, and am a recovering alcoholic of 4 years. I have one son, aged 29 years.

At the age of 16years , my Aunt , from Charters Towers hung herself. At the age of 16 and 1/2 I married and gave birth to my first son at the age of 17. Separated by 18 months and committed to a de-facto relationship at the age of 19. I gave birth to my second son at age 20. Separated at the age of 22. I had no family , and raised my children alone. At age 25 I took an overdose of tablets combined with a large sum of alcohol. My thought process at this time was simply that my children would be better off without me. I could not provide them with much more than baked beans and weet-bit. Clothes from second-hand stores. After intervention from my local GP , I took the necessary steps recover and re-build. I re-married at the age of 26 . I attended the funeral of my cousin who hung himself , I was 27. An uncle who drove of a bridge, I was 28. I separated from my second marriage at age 30. Worked full time and supported my children well. At age 35 , I became a Grand mother to my eldest son. At age 36, my second grand child was born from the same son.

At age 37, on the 22nd of August my eldest son hung himself. Following a separation from his wife and two children. My youngest son was 17. I describe to you , the enormous grief that engulfed me.

The first of many emotion to take place was Disbelief. Pain - Shock - Fear - Panic - Uncontrolabe Bodily Functions - A Tremendous" Live" Feeling of Death of my very own Heart. Then came the concern for my living son. The phone call to my deceased son's wife, who lived in Gofford NSW. It was her Birthday. The phone call to my estranged husband, his father, who was in Rockhampton. What followed was flowers , cards of sympathy , and sadness of such enormous magnitude. The identification of his body , the funeral arrangements , the chosing of his cloths , to lay him to rest. The coroners report, which details the weight of his heart, lungs,kidneys and so on. The descriptive cause of death. Death by Suicide - He suffocated for approximatley for 3-5 minuites, because the chain did not snap his neck immediatley. I recieved my son's ashes a week after he was cremated. I have them with me , to this day. My son's wife forbids me to have any contact with my grandchildren , in the belief that I blame her for his death. This is not the case.

I participated in The Compassionate Friends meetings, for parents who are bereaved by their children. Death of all manner. Through Compassionate Friends , I stepped into Survivors of Suicide Bereavement Support Association Inc. Souley for people who had lost loved ones to Suicide. I had my second attempt of suicide 1 year after my son's death. Once again accompanied with copious amounts of alcohol. I was given anti-depressants and sleep medication. Physical , emotional and psychological damage was clearly the aftermath. Alcohol became my life , to exist and function in my job and the care of my living son.

For the following 7 years I was a pathetic walking shadow of Grief and alcoholism. During these years I received counselling and contiued with medication of anti-depressants. Gambling enhanced my state of depression and resulted in my having to declare Insolvency. At the age of 45 I had a very rational decion to kill myself, yet again,, sober ,, Serious clarity that I was finished with life and what it offers. The sobriety lasted a week and a friend suggested I go to AA and Church. I had nothing to lose. I walked into the room of an AA meeting with all the same emotions as when I learned my son died. The next week I did attend Church and recieved counselling. It appeared to be the first time for 7 years that I found peace.

I resigned from my job , payed all my monies owing, and began a new life. I met and became engaged to a man , changed professions to nursing. Sober and alive. Gradually and occasionally I returned to alcohol. My fiance was a drinker and did have abusive tendancies whilst under the influence. I became reluctant to participate in alcoholic situations. I separated from him in October

2008 , having minimal contact , he had joined AA and Anger Management Group in an effort to re-build our relationship. On the 1 st of January 2009 , he hung himself. He leaves behind 2 daughters aged 15 and 18.

I attended his funeral , consumed with Grief , Guilt and Pain. The next 4 months became nomadic for me. I have maintained my Government job thus far. My life has returned to just existing in society , once again. My relationship with Church is non-existent. My alcohol relationship is minimal. I remain sober much and most of the time. My Depression is now diagnosed as Major. I surrendered to yet another plan for my own death 5 weeks ago. I was happy to share this plan with co-workers, who are in the health and mental health field. Within their Duty of Care capacity , I was taken to The Prince Charles Hospital immediately to seek help. I have had 2 appointments with a Psychiatrist and have been referred to a clinic at New Farm. I will be under the guidance of a Psychiatrist , mood stabilising medication and the treatment of Psychotherapy.

Apparently my Suicide-ideology is real and human. You may be thinking this is a very long-winded testimonial, that is my aim. It is impossible to relay the true facts of one's life without certain events and happenings. I have barely scratched the surface of my entire life. This is the relevant information to the Topic of Suicide and it's ramifications and consequences. It is more than alarming that it not only exists , but that it is continuing to be so rapid and common. I am but 1 person who has been afflicted by Suicide of a loved one, I assure you, there are many many more who have suffered and will no doubt suffer in the future.

As I was driven out of The John Tongue Centre in a police car , after verifying my son's body , a thought occurred to me , that I was not the first mother to have passed through these gates , nor would I be the last. I am no stranger to death and loss, as you have read, however, the death of one's child is the cruelest pain any one must endure. Suicide death is , by nature and belief not God's way , only an acclaimed death by Mentally ill or unstable people. Is this a true statement or just a human beings way of pretence and denial? I am living proof , that there is no denying or pretending that Suicide death has the ability to exist in all of us. Be it through any form of Illness, psychical , emotional or psychological , simple everyday survival and existence in society , is accountable. There is no simple solution to Suicide death , only awakenings to society that first we must accept it , secondly to offer and guarantee support to all humans who are at risk.

Financial support is magnanimous in Prevention of this country's well-being. Given the support to other countries and institutions is budgeted for , Surely we must cater and accommodate for this issue. There are tremendous organisations currently available to people experiencing the contemplation of Suicide , support networks by way of telephone and the internet. Is there a Medical Centre for people to go to , when the overwhelming urge to die appears? In all fairness, the exclusive feelings of abandonment and isolation prevents the procedure of calling for or stepping out of the pain-stricken head space people are in, to access help. It is wise to have contacts available to access, but is it recognisable that , one is so damaged and empty at the point of no return to sanity or worth, to utilise these contacts? Suicide death occurs in a split second , planning the event is a process which , takes time. This is where and when the intervention is required. I believe. Some of us are not all blessed with family , friends , or communication skills. Self-worth , self-esteem , financially-structured , environmentally challenged to name a few necessities, for a survival in society.

Provisions must be made for people who are in these and many more categories / situations. Appealing to society for support of any cause is a major benefit in the right direction. The change must begin with knowledge and information , acceptance and discussion regarding the topic. There is much stigma still today, and this is a major hurdle to get over. Provision of safe , non-judgemental professionally trained health workers made available , with -in financial capacity, is a must. Provide the education and the tools for people to validate their being , offer the hand of concern , care and compassion. before the plan of Suicide is the only option left. I did not have any clue as to my son's Suicide , and for many of us , there is no clue , but can we try some strategic planning and intervention for those who may be saved.?

Unfortunatley there is determination in a person who is Suicidal , I know this myself. Determined to succeed at ending the Pain one is suffering and has the thought process only to complete the act of cessation of life. It is apparent that there are many assumptions as to "WHY" a person chooses to Suicide , and there it is --"CHOICE". We all have choices in our existence. Or do we? We , no sooner choose to acquire Cancer than we choose to be born a Royal. Is it the luck of the draw or God's

Grand Plan? Some things we will never have the answer to , that is obvious and apparent. I have Hope that one day soon, perhaps not in my life time, we may be able to disable the Suicide epidemic.

I appeal to all those involved and concerned members who may or may not read my letter of view, to make a positive act on Suicide Awareness/Prevention/Support so that there will be statistics lowered and fewer deaths are from Suicide.

Thanking You,
Regards,
Jan Brown