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DIRECTOR'S REPORT



Photo credits: Sanja Gjenero, freeimages.com

The revelation from the World Health Organisation that 800,00 people die by suicide each year – one every 40 seconds – making it the second leading cause of death among young people (aged 15 to 29) comes as unsurprising.

In Australia in 2018 there were 3046 deaths by suicide per 100,000 this equates to 8.3 deaths by suicide each day.

Yet Governments continue to throw vast amounts of money at unproven programs.

We receive no Government funding except for Tax Deductibility Status and are often not included in community consultations by Health Departments.

White Wreath Association Ltd's main aim is to raise funds in order to establish Safehaven Centres for those who have mental health problems and especially for those when suicide threatens.

Fanita Clark
CEO

PETER NEAME, Research Officer, White Wreath Association Ltd

I did not believe that I would see a period in history when common-sense would return to public safety and mental health. Trump's call for change in mental health laws is highly significant. For forty seven years successive new Zealand governments (labour and national) have said that the mentally ill are not dangerous, the mentally ill are less dangerous than the general public and even if the mentally ill are dangerous, we have no way of predicting who is and who is not dangerous. That was always a deliberate lie, total and utter spin and propaganda. For at least 5000 years amok or mass killing has been associated with neurological, brain damage or serious mental illness.

WORLD NEWS - USA



Seeking help: Hamilton mother hopes son will find help for mental illness.

Lenee Willett hopes someday that her son will come home again with a smile on his face and his eyes filled with peace.

It's been a long time since she saw that last.

"Right now, he's not the son that I raised for 28 years," she said. "I want that son back."

Over the past year, her 28-year-old son, Christopher Lee McCown, has been arrested three times after sudden outbursts at the family home south of Hamilton. She and her family have borne the brunt of the violence.

In September, she cringed when she read a newspaper account of her son attacking Ravalli County detention officers that said he bit, spat and threw punches while yelling he planned to murder the men. Two of the officers had to be treated at Hamilton hospital.

"He's told me the TV is talking to him," Willett said. "He said the telephone told him to he had to kill his older brother. He's told me that I'm a robot. He thinks that a robot has taken me over and controlling what I say and do."

Last week, she watched from a bench in a Ravalli District courtroom as officers led her son into the chamber. He had his eyes closed and she

believes his ears were plugged. The judge ruled that McCown was not mentally capable of standing trial. He was committed to the Montana State Hospital for a 90-day evaluation.

Willett hopes it's the beginning of his return home.

When he was taking his medications, he was fine," she said. "But then he would decide that he didn't need it anymore and we would be back in this same situation. I believe he needs some form of medication and someone who will require him to take it."

Willett has tried to be firm. After his arrests, she initially told him he couldn't come home.

"It's hard to disconnect my brain from my heart," she said. "I know my son is mentally sick, but I also knew he was homeless. I couldn't leave him out living on the street."

And so he would come back home and the cycle would repeat itself.

"We love him so I want him fixed," Willett said. "I want him to be the person that I know he can be. ... I love him. He's one of my three sons. I can't give up on him. I want that smiling guy that I know is in there to come back again. I know my son is still inside there."

Hamilton's West House Crisis Facility director Kari Auclair said sometimes there are no good options for family members hoping to help loved ones suffering from mental illness.

"It's one of the hardest conversations that we have here," Auclair said. "We can offer education and options, but when it's your family who is suffering, you want it fixed. You want someone to do something. ... Sometimes the options are awful."

Those options narrow once someone enters the court system.

"A lot of people don't understand that mental illness is never a defense for criminal activity," Auclair said. "That's really hard to accept even when you are the one being hit or beaten."

[Read on](#)

WORLD NEWS - AUSTRALIA

A new plan to tackle Queensland's suicide rate.

Every life: The Queensland Suicide Prevention Plan 2019-2029 was launched by Minister for Health and Ambulance Services Steven Miles at the World Suicide Prevention Day community forum in Brisbane.

"Suicide rates in Queensland are higher than the national average, and that is not acceptable," Mr Miles said.

"In 2017, 804 Queenslanders lost their lives to suicide, and it was the leading cause of death for Queenslanders aged 15 to 44. Despite investment in suicide prevention, rates have continued to rise.

"Every loss of life or suicide attempt has a ripple effect on family, friends,

workplaces, schools, and communities.”

The State Budget 2019-20 provided investment of \$80.1 million over four years for suicide prevention initiatives, including funding for school-based mental health support, Aboriginal and Torres Strait Islander suicide prevention initiatives and enhanced crisis care.

“This is the most invested in suicide prevention in Queensland by any state government,” Mr Miles said.

“This major investment will make a real difference to the lives of Queenslanders vulnerable to suicide or experiencing mental health and alcohol and other drug challenges”

This investment includes:

- \$7.5 million for the Beyond Blue Way Back suicide prevention service
- \$10.8 million over four years for Safe Haven Cafes
- New community-based and peer support alternatives to Emergency Departments
- An additional \$28 million for community mental health support services

Community-led suicide prevention initiatives to tackle Aboriginal and Torres Strait Islander youth suicides, and
Establishing a more collaborative and integrated system of mental health crisis care in Queensland.

Acting Queensland Mental Health Chief Executive Officer Dr Leanne Geppert said the implementation of the Every life plan would help achieve the Our Future State: Advancing Queensland's priorities plan target of halving Queensland suicide rates by 2026.

www.qmhc.qld.gov

COMING EVENTS

PLEASE GET YOUR SCHOOL,
WORKPLACE, SOCIAL
CLUB ETC INVOLVED AND
TOGETHER LET'S MAKE A
DIFFERENCE.

FOR MORE INFORMATION
CONTACT US ON 1300 766 177



WORLD NEWS - USA



541 military service members died by suicide in 2018

WASHINGTON D.C. — Deaths by suicide in the US military continue to rise with 541 service members dying in 2018, according to a Pentagon report issued Thursday.

Military leaders are continuing to express concern and frustration about the rising number of deaths as they attempt to understand why the numbers are increasing.

"I wish I could tell you we have an answer to prevent further, future suicides in the armed services. We don't. We are caught up in what some call a national epidemic of suicide among our youth. And not just our youth, but it's something we continue to wrestle with," Defense Secretary Mark Esper told reporters Wednesday.

There were 511 deaths by suicide in 2017, and there was a particular increase in 2018 among active duty service members.

325 suicides were reported in the active duty ranks in 2018, up from 285 in 2017 and 280 in 2016. In the reserves, there were 81 suicides reported in 2018, down from 93 in 2017 with 80 in 2016. In the National Guard, there were 135 cases in 2018, compared to 133 in 2017 and 122 in 2016.

"Suicide is an adversary that is killing more of our airmen than any enemy on the planet," said Gen. David Goldfein, chief of staff of the Air Force, in a recent message to his troops.

Pentagon officials indicate they don't see a direct correlation between suicides and combat deployments. Esper added that "we just can't let these great, young Americans take their lives because of financial pressure or relationship challenges, or whatever comes up. We need to help them. We need to start with prevention, but we need to work all the way through the system and really continue to get on top of this issue."

From 2013 to 2018, the suicide rate in active duty units increased from 18.5 to 24.8 per 100,000 service members. Rates of suicide are a key way of understanding the increase by accounting for any overall change in the size of the force.

Among reserve forces, there were 22.9 suicides per 100,000. For the National Guard, there were 30.6 suicides per 100,000.

A Pentagon statistical analysis showed 2018 suicide rates in the military were roughly equivalent to the US population rates in all military components, except the National Guard. Service members who died by suicide were primarily enlisted, less than 30 years of age, male, and died by firearm, regardless of what branch they served in.

WORLD NEWS - AUSTRALIA

The following links are from the Victorian Royal Commission held in Victoria 2019. The following are true-life stories of those suffering Mental illnesses and their struggle to have their illness acknowledged and recognised as a serious life threatening condition. These stories are heart wrenching and have been going on for many many years not only in Victoria but also across Australia.



[Victoria's mental health system failed 'incredibly terrified' girl, royal commission told.](#)

[Mental health royal commission hears suicidal young woman was 'greeted with silence'](#)

[Victorian mental health system overburdened, Andrews Government tells royal commission](#)

[Mental health care 'diminished dramatically' by bed shortages, royal commission told](#)

[Too sick for a GP, but not 'sick enough for hospital', patient tells mental health royal commission](#)

[Victoria police responding to a mental health call every 12 minutes, top officer tells inquiry](#)

[Woman whose mentally-ill daughter fatally stabbed man tells royal commission family was ignored](#)

[Farmer spent \\$40k on mental health treatment, royal commission told in only regional hearing](#)

[Victoria's Aboriginal mental health services 'lagging behind', royal commission hears](#)

[Royal commission hears terror attack revived painful childhood memories for South Sudanese refugee](#)

[Mental health royal commission told wearable tech could help end loneliness](#)

[Gillard calls for end to 'territorialism' in mental health](#)

[Two Victorians kill themselves each day, mental health inquiry hears](#)

[Every suicide death destroys 135 lives with 'ripple effect', mental health royal commission hears](#)

[Vic mental health inquiry wraps hearings](#)

[What to expect as Victoria's mental health royal commission wraps up](#)

THE DIFFERENCE BETWEEN FEELING SAD AND HAVING DEPRESSION



By Rubina Kapil on October 3, 2019

We all feel sad or blue when bad things happen. The loss of a loved one, a breakup or just a bad day can all cause feelings of sadness. And that's okay. Sadness is a healthy emotion to feel when faced with a difficult situation and usually we cope and soon recover without treatment.

Depression on the other hand can be debilitating and require additional support. A major depressive disorder lasts for at least two weeks and affects a person's ability to work, carry out usual daily activities and have satisfying personal relationships.

Sadness is a symptom of depression, but it is not the only one. **Here are some signs that can help you determine if you or your loved one is feeling sad or is facing depression.**

A person who is feeling sad

- Might express emotion through crying.
- Might spend time alone.
- Can maintain regular eating and sleeping patterns.
- Can participate in regular activities, such as work or school.
- Starts feeling better in a few days or weeks.

A person who has depression

- Might experience unusual feelings of sadness, anxiety, guilt, anger, hopelessness, helplessness and irritability that last two weeks or more.
- Might move more slowly or sometimes becomes agitated and unable to settle.
- Might have sleeping difficulties or sometimes sleep too much.
- Might lose interest in activities that used to be enjoyable.
- Might have thoughts about self-harm or suicide.

Not every person who is depressed has all these symptoms. Everyone is different in the number and severity of symptoms, making it important that we really [understand depression](#) and know how to identify and differentiate signs of sadness and depression.

If it's difficult to pinpoint the reason for feeling down or if the feelings persist, it might be worthwhile to talk to someone. This [self-assessment](#) from Mental Health America can be a place to start if you're unsure if your feelings are more than sadness.

You can also take a [Mental Health First Aid course](#) to learn more about depression and ways to help. Mental Health First Aid teaches people how to notice signs of depression, provide support in a nonjudgmental way and share appropriate resources and professional help.

[Source](#)

WORLD NEWS - UK

[Girlfriend of man who killed himself on railway tracks took her own life in the same way three years later after struggling to cope with his death, inquest hears.](#)

The heartbroken girlfriend of a man who killed himself on a railway line ended her life in the same way just three years after the death of her partner. Laura Victoria Coulling, 35, was struggling to cope with the death of her boyfriend Stuart Hedley who died in 2016.

Ms Coulling's body was found with condolence cards for Stuart, and photographs of the couple together, an inquest in Winchester heard. The hearing was told Ms Coulling 'could not stand being alone' and that she had previously tried to end her life on the same stretch of track as her partner, but was stopped by train staff.

Mr Hedley, who worked as a car mechanic was killed, aged 34, on a section of railway near Ipswich, Suffolk, in 2016. He had been at a family gathering before he went to a railway crossing and stepped in front of a train.

Ms Coulling ended her life on a train track in Southampton on May 24 this year. Winchester Coroner's Court heard Ms Coulling had been drinking with friends at a pub in the city on the day of her death.

Anchor Pub landlord Wayne Woods, said in a statement she had been in 'good spirits'. He said he was aware Ms Coulling, who was a regular at his pub, had been suffering from depression but described her actions as 'very out of character.'

British Transport Police investigating officer Rebecca Saunders said Ms Coulling left the pub and went to her home, which was at the back of the pub car park.

She is believed to have changed her clothes and collected the photographs and card she was found with.

A report from GP Dr Lisa Manalang said Ms Coulling had been seen by paramedics in a state of deteriorating mental health and self-harm in April 2019, only weeks before she died.

A post mortem by pathologist Dr Vipul Foria provided a cause of death as multiple traumatic injuries.

Toxicology tests showed Ms Coulling had alcohol levels 2.9 times the drink-drive limit and cocaine levels consistent with recreational use.

She also had therapeutic levels of antidepressant Fluoxetine, which she had been prescribed, and ibuprofen.

Recording a conclusion of suicide, acting area coroner Samantha Marsh said: 'Laura sadly never recovered from what happened to Stuart and the choices he made.'

Ms Coulling's father, John, said: 'She was good fun and she loved life. She was very vivacious, she like to socialise, she liked people, she could not stand being alone.'

If you have been affected by any of the issues raised in this article then you can call the Samaritans on 116 123, alternatively you can visit the website at by clicking [here](#).

WORLD NEWS - USA



The Holidays Increase Loneliness Not Suicides

This article discusses how during the holidays people are lonely and suicide doesn't increase like many think.

By [Michael Rubino](#), Ph.D, MFT, Patch Mayor
Oct 19, 2019 9:14 pm ET

The Holiday Season is just around the corner. Many people assume the

Holidays and depression go together. In addition to assuming the Holidays and depression go together, people assume that suicide rates increase during this time of year. Well according to the statistics from the CDC, suicide rates actually drop during the Holiday Season. The study by the CDC is not sure why they drop but they do. May be they drop because during this time of year we pay more attention to depression and suicide. There are a number of ads and social media posts where people can call if they feel suicidal.

What the CDC did find is that loneliness increases during this time of year. During the Holidays there are songs and plenty of television shows regarding getting together with family and friends. You also have people talking about all the Holiday parties that they have to go to. Furthermore, you hear people talking about how well their lives are going. However, this is not the case for everyone.

If you are a military family, a loved one may be stationed overseas and won't be home for the Holidays. Also during the year some close friends or loved ones may have died and you are grieving their death. It is during this time when most people are talking about family and friends that you remember the people you have lost over the year. The first Holiday Season without a close loved one or friend can be very difficult. You may not feeling like celebrating or you may have to change Holiday traditions which can make some one feel sad and lonely. However, it may be necessary so you can tolerate the Holidays.

Another common difficulty during this time of year is money. Many people feel like they need to spend a great deal of money to show love. They may just be able to pay their monthly bills and cannot afford Holiday gifts. Why do we need to spend money to show that we care? What if you write a letter to someone telling them how important they are to you and how much you appreciate them. Isn't that the real purpose of the Holiday Season? Isn't this the time of year we take to tell people in our lives how much we appreciate them. Also it's an opportunity to tell people we tend to ignore, people sleeping on the street or who are dealing with mental illness that they are important too? Everyone is important and should be included. Also instead of spending a lot of money, you can donate your time so someone who is struggling financially or emotionally has an easier time.

As a psychotherapist, I have seen that people dealing with mental illness feel lonely and out of place during this time of year. They don't often feel the joy of the season. Sometimes they struggle just to make it through the day. Also mental illness is something we don't discuss as a society. We tend to act like it doesn't exist so we ignore the issue. Also since it is an uncomfortable issue for many people the feelings of shame and embarrassment become associated with mental illness. This makes it less likely for people dealing with it or families who have a family member dealing with it to talk about it or seek help. This can make people feel lonely and isolated especially during this time of year.

We seldom acknowledge the daily struggle that people and families dealing with mental illness go through on a daily basis. It is important to acknowledge that mental illness is not a weakness it is a medical condition. There is no reason to look down on someone with mental illness. We offer encouragement and support to people with cancer, why can't we do the

same for people with mental illness?

I have included a link to a video where a teenager discusses dealing with depression <https://youtu.be/dAzqGcOLXBs>. Listen to what he has to say and answer the question, does he deserve to be looked down upon because he is depressed?

Also remember the Holidays can be a lonely time for people. So if you see someone who looks like they are having a hard time or know someone who is struggling during this season, try to help. Do something kind for them. Another thing to remember, being kind to people should be a year round activity for all of us. We should not just be kind during the Holidays. If we try to be kind all year, we may be able to decrease how many people feel lonely and depressed. Also if we are kind and offering support year round may be we can eliminate the negative stereotype associated with mental health.

Dr. Michael Rubino specializes in treating depression and suicide especially depressed and suicidal children and teenagers. For more information about Dr. Rubino visit his websites at RubinoCounseling.com or www.rcs-ca.com

FEEDBACK

Hi White Wreath. I just want to talk. I keep thinking about killing myself because I'm so exhausted. I'm exhausted all the time. I'm exhausted by waking up and going from feeling ok, to feeling so down I can barely function. I don't know what's wrong with me. I worry my family thinks I'm just being lazy, or letting my anxiety get to the better of me. But I can't help it. I'm so tired. Sometimes I feel really motivated and excited and full of life, and in seconds it can just plummet without any reason. I eat healthy. I'm driven. I've got three degrees, but I can't keep a job without my anxiety spiraling. I can barely talk to people on the phone without bursting into tears. I feel so inadequate and my only logical thing to want at times is for it to end. I don't know if I want to actually kill myself, the physical act of it, but I want to stop feeling this. I want my suffering and guilt and total devastation every day to end. I am out of options. I hope I can stop feeling this soon or die.

I hope you're having a good day and I'm sorry about this email. I just hate calls and my family don't seem to really understand.

AGM THAT WAS HELD ON MONDAY 2 SEPTEMBER 2019

White Wreath Association Board Members/Directors

Fanita Clark Chairperson/Director
Tina Knipe Secretary/Director
Peter Neame Research Officer/Director
Peter Clark Director
Ian Ross Director

Together we will do our utmost best to serve those that contact the White Wreath Assoc the best way we can. All positions are voluntary and not paid.



HUMOUR

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of University, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

There was this guy at a bar, just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, & just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears, "This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, & when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, & just when I was thinking about putting an end to my life, you show up & drink my poison."

[Source](#)

DOIG WEBSITE TECHNOLOGY

Steve has volunteered his time with White Wreath for a number of years and has developed a wonderful Website for us that he has also maintained over the years. White Wreath receives much congratulatory comments regarding our Website and below is information if you wish to contact Steve personally.

Do you know anyone who might be thinking they need help with their existing website or need a new website built (efficiently and effectively)?

Please forward my details to them. I can help with any of the following:

- Making a website mobile phone/tablet friendly.
- Adding features or functionality to websites: image galleries, contact forms, forums, image carousels, calls to action, Facebook feeds & more
- Converting a static website to an editable website where the website owner can edit his/her own web pages, upload images and PDF documents, publish a blog & more.
- Performing SEO (search engine optimisation) tweaks to websites to increase website rankings.
- Upgrading old out of date website software to the latest website software version: e.g. Wordpress, Joomla, Drupal, Magento.
- Maintaining your website software at the most up to date version to avoid security vulnerabilities.
- Increasing the speed of a website to ensure website visitors do not leave because they were kept waiting too long for a slow website to finish loading.

Happy to help anyone with website needs, and would appreciate any referrals you can make.

Sincerely,
Steve Doig



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TWITTER: <https://www.twitter.com/doigwebtech>

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WISH LIST

Petrol Gift Cards, Stamps, Volunteers Aust/Wide

OR YOU MAY LIKE TO DONATE

DONATIONS TAX DEDUCTIBLE

1. Via our credit card facility posted on our Website www.whitewreath.com
then follow the instruction.

2. Directly/Direct Transfer into any Westpac Bank
Account Name White Wreath Association Ltd
BSB No 034-109 Account No 210509

3. Paypal. Just click on their link

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