

This talk includes mention of:

- ▶ self-harm
- ▶ suicide attempts

Trigger warnings

2009-12

August 2013

Dec 2014

April 2015

Accumulation

Recoveries

Thanks

Job turbulence

- ▶ chronic bullying, grievance panel
- ▶ restructure; job under threat
- ▶ profound change to job and ongoing readjustment

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Personal turbulence

- ▶ elder son dropped out of school during A levels due to depression
- ▶ relationship ended unexpectedly
- ▶ one family crisis
- ▶ another family crisis

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Crisis and Normality

- ▶ December 2014: talked son #1 out of suicide over four days

(What is interesting is that I almost left this out as it doesn't seem that big a deal compared to what followed)

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- ▶ 20 April 2015: son #1 hospitalised after accidental overdose of medication
- ▶ 22 April: son #2 13th birthday (paintballing)
- ▶ 25 April: first date with my now-fiancée
- ▶ 26 April: son #1 narrowly unsuccessful suicide attempt (self-asphyxiation) on train
 - ▶ four days in intensive care; brain death strong possibility
 - ▶ eventual physical clean bill of health – severe depression continues; not currently suicidal

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Cumulative Effects

- ▶ shocks and grief multiply and compound one another
- ▶ ‘near-death’ of loved ones is a very hard thing
- ▶ as one support gives way, extra strain on others
- ▶ cascaded into a general near-collapse

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What doesn't help?

- ▶ near-systematic exclusion of single/'absent' fathers
- ▶ general failure of understanding of persistence of mental health issues
- ▶ 'support category failure' (not suicide, but ...)

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What helps?

- ▶ supportive people
- ▶ nature
- ▶ Zenlike acceptance
- ▶ Al Anon background
- ▶ flexible working
- ▶ YMCA
- ▶ playing Minecraft
- ▶ son #1's music

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