



“ After one tour of Iraq and two tours of Afghanistan, I decided to call it quits before my luck ran out.

My role in the Army came with great pressures to perform, which I thrived on. Without going into specifics, my position in the Army was quite specialised, combat role and high tempo.

Upon leaving the Army I managed to pursue a successful career in sales. I consistently improved from year to year and gained great commendations from my superiors. I didn't realise it at the time, but I was only throwing myself into work to deflect from what was really going on inside.

Whenever I had down time my thoughts always took me back to my time on Deployment. Let's just say there were a few incidents that shook me to the core and still do to this day.

After suppressing my emotions for what seemed like an eternity, I finally broke. I could not handle the constant reminders of battle, the loss of mates that I trained and conducted operations with, and the consistent feeling that I wanted to crawl up into a ball and put myself as far away as possible from any social contact.

I had transformed from a fit, well trained soldier that consistently worked well under duress to an emotionally wrecked man that could not even receive a simple phone call or leave the house. Finally the weight was far too great for me to take anymore and I found myself so close to suicide that I ended up in Hospital.

My wife never lost faith in seeking the best help for me however I consistently brushed her aside. She was grappling with a defiant, avoidant man and a system which provided little support for the transition from emergency mental health care, back into life. There was no government or Department of Veterans Affairs support for Veterans housing and life at home was deteriorating. She was struggling with full time work, a young child and a husband on a downward spiral. In desperation she came across information regarding Homes for Heroes. They were not advertised and were only just establishing themselves yet managed to get a contact phone number.

She recalls this phone call as both her hardest decision and an enormous relief as she was told: “You can't do this anymore. Give him to us, this is what we do.”

I have been in recovery for the last 18 months and if it wasn't for the support of Homes for Heroes, my beautiful daughter would have grown up without a Father and my wife would be a widow.

I never thought mental illness would be a part of my life and near destroy me and impact the lives of my family and friends. Homes for Heroes gave me a place to call home and offered all the support for me to get back on the road to recovery. The staff displays a “can do, will do” attitude and I am extremely lucky I found their unconditional support. There was never any pressure applied to me to hurry up and move on and I can not thank them enough for this. It gave my family and I respite and a chance to rebuild stability.

Thanks to the H4H team I am now spending every afternoon/evening with my family. They provided me with non pressured assistance and fully supported all aspects of my recovery. I will forever be indebted to Homes for Heroes.



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