Karley's Story on her experience with suicidal thoughts

Suicide – it felt like the only way out

Mental Illness such as depression can take the sufferer to a dark place. Like being in a deep dark hole with no light in sight to guide the way out. When I became mentally unwell, I found myself in a very deep, very dark place just like that hole. Past trauma and stress overload made depression & anxiety became my demons, and although I do not serve in the military, I went into combat with those demons and the battlefield was my own mind.

Blessed with a home, job, devoted partner & the love of my beautiful children, I did not recognise how unwell I had become, and my once logical mind was over run with negative thoughts and feelings of absolute hopelessness. I did not have the ability to holdback the thoughts that were overwhelming me nor see them as something that could be overcome. Without help, I felt I had become a burden on my family and I started to conclude that they would be better off without me here causing them anguish and stress.

I had become very mentally unwell, and I just wanted the pain I was feeling to stop.

I had lost all hope that I would be or could be well and happy again. My mind just wouldn't let me believe it. My feeling of being a burden on my family over rode any thoughts of the consequences ending my life would have on them.

Did I attempt to take my own life? .... Yes I did.

I was very lucky that my family intervened in time and got me the help I so desperately needed.

I take medication now ... I go to counselling ... I have a great support system in place to help me return to mental wellness.

Am I happy to be alive and getting mentally healthy again? ... Yes I am.

Was I a burden to my family like my mind told me? .... No I wasn't ... my family told me so.