

To Whom it may Concern,

I am writing in regards to the Mental Health Programme you currently have in place and, I've heard, are thinking about cancelling. In March this year I took an overdose. Thank God I wasn't successful in my attempt at ending the anguish and confusion I was dealing with at the time. I have three beautiful daughters and one beautiful grand daughter. After my attempt I spent almost a week in Mental Health and when I got out I was assigned to for follow up care. Since March I have had suicidal thoughts on a few occasions. Without my visits to I don't know where I would be right now. He has put things into perspective and helped me learn to deal with the demons I was fighting with. I have even called him when I felt desperate and confused and he has given up his own time for free to talk me through my problems.

The Better Access programme has saved my life. If there wasn't free help available I couldn't afford to pay for it and I don't know where I'd be right now or if I'd even be alive without it.

I'm sure there are hundreds of people in my region alone that would agree with me. If this programme was to stop you would have a lot of mentally ill people going without help because they couldn't afford to pay for it. It's scary to think of what sort of a world we would be living in if this was to happen.

I hope my children get through their lives without any incident, but I would like to know that if they did stumble, there would be the right help available for them as it was for me.

Please do not turn your back on those that need help. This programme is vital to the mental well being and safety of us all.

Regards,