



#depressionhurts

My Story— Joanne

I'm Joanne—a survivor, a wife, a mother, a businesswoman.

In 1992 I took an overdose and made phone calls to my family to tell them I loved them. Then I went to bed to wait for death to come and save me. Instead I woke 22hrs later in a state of shock that I was alive—but deeply happy I had survived! I had not really wanted to die but only realised this when my suicide failed.

At the time I lived overseas, away from family, friends and home. I was in an abusive marriage and saw no future, I just wanted the pain to stop. Suicide seemed like the only escape from my prison. I'd never felt self worth, from the age of 12 I suffered with bulimia and anorexia, aged 5 I had been abused by two men and for the next 31 year believed deep down, I had no right to love, joy or happiness. It's taken me almost to the present day to accept I deserve to exist.

Therapy has helped, my therapist has taught me I am not alone. What began with abuse, led to self abuse and feelings of worthlessness. My attempted suicide was a cry for help, a cry for my right to life! I shiver still when I think of what I did and how different the outcome could have been. My life could have ended that lonely night in 1992. I am so grateful I survived my suicide attempt, so happy I lived. I went on to change my life, I divorced my abusive husband, found a lovely caring man in 1994 and later remarried and I am a Mum.

My road to recovery has been a long one but once I realised I was not alone, that there were people who not only understood how I felt but would gently walk with me on the road to well being, I began to recover.

I still have difficult days when I have to have a chat with the inner me and remind her 'perfect' is a fantasy, that those of us who have been a little bit broken in life are valuable. Suicide is fatal, you don't come back from it but depression is temporary, it's treatable, it can be controlled and there are people who want to help you on your journey because they understand, care and know the world is a richer place with you in it. These days I'm living my life as best I can.

I realise now, I am and always have been valuable, as are you, so don't let the darkness win but keep the light in focus.!