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ACCEPTED ABSTRACTS

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Living with and controlling PTSD and depressive disorder

Trace DannLockhouse Productions,
Australia

Trace Dann presents a 60 minute (flexible) entertaining presentation on how he has suffered from PTSD and Depressive Disorder for 10 years but kept it suppressed as he went on with leading life as a successful sales executive in a multinational corporation and then building his own international theatre production company. He is not a mental health professional,

nor does he have any medical qualifications, he is a man who has lived with the disorders and now has them under control. He talks about how he was like a swan floating majestically down a river with everyone amazed at how confident and capable he was, while underneath the surface he was paddling like crazy against the tide of self-doubt, numbed emotions, hyper-alertness, guilt, frustration, and many other negative thoughts. He has followed his journey, since diagnosis, on his own blog and passed his innermost thoughts on to anybody reading so they may learn from his experience. Covering areas

such as: Recognizing You Have a Problem, Knowing Recovery is Up To You, Seeking Professional Support, Climbing Out Of The Pit of Despair, Reconnecting With Friends and Family, Doing Something You Love, Chasing Dreams (Goal Setting) and Ongoing Management of Mind. His objective is to let people with the conditions know they are not alone and hopefully, reduce the number of suicides-particularly in the veteran community. Also to inform family and friends of what is going on inside the mind of their loved one.

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