

My daughter hanged herself in early January, following section and sedation and by mental health services. Just 6 days after discharge, she bought the rope! This followed her developing bi-polar disorder a few year after being for about 5 years on "soft" drugs, such as cannabis and ecstasy. As far as we are aware, she never did hard drugs, but we are convinced that the drugs did it and the final result was just as devastating. I emailed and spoke to Elizabeth Burton Phillips following her appearance on BBC's HardTalk programme and was very grateful for the help and support she gave me. We still have the inquest to go through and sometime after that I would like to do something to prevent youngsters starting off on these drugs. As we have found out, they start on soft drugs and often progress to the harder ones. If they are susceptible to depression, however, it can be triggered by just a few trips on cannabis.

It is hard to put into words how one feel's after a suicide such as this. We were advised by the police not to see the body because of the state it was in (having been there for a few days before we found it) so we could not get closure. Mixed with the deep sense of loss is a degree of relief that she has found her peace after 5 tears of absolute turmoil. As for us, we are freed from the never-ending roller coaster of what will happen next or what part of the world will she turn up in penniless. That has been replaced, however, with a large hole in our lives and that will never be filled, while the grieving will take a very, very, long time to go away. I now intend to spread the message to schools in Sussex, so if there is anyone out there interested in helping, please come back to me through these pages.