

## Suzanna Green

Suzanna met husband Simon back in 1994, shortly before he was due to join the army. They married in 1998. Simon was with the Royal Green Jackets and served operational tours in Bosnia and Northern Ireland.

Simon started up his own business as a photographer and became one of the area's most popular and requested photographers in their area of Penzance. Simon loved his photography, but there were still underlying issues that had never been addressed and Simon would take himself away from others, usually round to his studio and his depression would get the better of him. Suzanna helped out with the business as well as her own job and looking after the children and her mother, who was ill at the time.



It was in 2010, after a series of family related events, that Simon suffered a complete breakdown. He suffered with flashbacks, nightmares, night terrors, anxiety, aggressive outbursts and traumas stemming from his time in the army. Suzanna and Simon struggled to find help via statutory services and the major charities, but his issues became so severe that he had to close the business that led to financial problems for the family, which worsened Simons condition, that in turn, led to him becoming suicidal.

Suzanna struggled to cope with Simon's depression and it was whilst seeking help that she was put in touch with her local Carers Centre in Penzance where she took advantage of Carer Breaks, enrolling herself on courses in hairdressing, nail tech and make-up artistry. However, it was joining a support group which she found extremely helpful. The breaks gave her some independence and allowed her some time to herself.

The family moved up North in 2012 and Suzanna sought out her local Carers Centre and registered with us at our Consett office. She asked about support groups and as luck would have it our Consett office had one of the most successful support groups in the area with around 15-20 people attending each month. The group meets on the second Tuesday of every month. Suzanna made some great friends within the group. Not only did she find someone who lived very close by whose husband suffered similar anxieties to Simon and both families had a child with Asperger's, so the pair found they had a great deal in common.

She said "It is so good to find a group of people who understand exactly what you are going through. The group can talk and discuss issues without judgement and you can say what you actually feel without offending anyone, after all none of us actually want to strangle members of our family but we have all been there!"

Suzanna was determined to help others who have suffered similar difficulties in finding help. She is involved in a number of support groups for families of veterans with PTSD and is a committee member for the local Armed Forces Community Covenant. Every year she takes part in a sponsored walk with a group of ladies called 'Wenches in Trenches'. This year they completed a walk in Belgium to raise money for a memorial for the nurses of World War 1.

Suzanna has set up a website to help Military Veterans and their families who are going through the same difficulties that she, Simon and their children went through. It offers a detailed explanation of PTSD, the symptoms and provides links and contact details for organisations, charities and support groups that can help people suffering with similar issues.

<http://www.veteransupport.co.uk/>

She has also set up her own website, where she documents her own struggles with frank descriptions of living with someone with PTSD.

Suzanna also records details of the campaigning and fundraising she is involved with for military causes and offers her own contact details for people who find they need someone to talk to who have been in similar circumstances.

<http://www.suzannagreen.co.uk/>

Suffering from her own health issues Suzanna selflessly dedicates her spare time to helping others as well as the needs of her own family. She is keen to thank the charities that have helped her, giving special thanks to Durham County Carers Support and our group of Carers, where she met her close friend Andrea. They have both enjoyed using Carer Breaks to have spa days together. Suzanna said, 'It is great to have the time to treat ourselves together where we can both forget about our other stresses and pamper ourselves.'

