

A PERSONAL EXPERIENCE

“I was hurt as a result of a suicide car bomb on Op TELIC 7. I sustained burns to my hands and face. I was disappointed in the aftercare I received but the MAOCH looked after me. Whilst at home on sick leave I noticed that my burns were not my only injuries, I was becoming very angry, frustrated and agitated at the slightest thing. I knew that this was not me and told the MAOCH of my problems, asking for some help. As a result I was put in touch with DCMH Wing in Catterick, that's when my road to recovery really kicked in.

“The things that I think really help from the treatment, you need to be open and honest and tell the truth about all your problems, I know that this is hard for a lot of rough/tough soldiers but you need to get everything off your chest to move on. Also having someone to listen to you, but for me the main thing that helped me through this difficult time was having a very strong and close family around me. I would come home and tell my dad what we had talked about in our session. I also think you need some sort of goal large or small to get through it, for me I stayed positive and didn't want to be Medically Discharged from the Army and wanted to finish my career.

“Things are very different now, I talk about my problems and don't put them all in a big pot just to boil over; also I am at a unit who cares now. I think that this was very important on my recovery because when I was first hurt no one cared, which sent me over the edge where now I feel part of something again. One of the things that has disappointed me is that after you get injured doing your job, you go back to work and the time you had off to recover is lost and you miss out on promotion and CRs, and you have to start again from the bottom.”