

The Journey To Hope, Recovery & Beyond

Jonny Benjamin MBE







CLINICAL DETAILS

Consultant .PSYCHOLOGIST

Patient Name Mr J. B. Benjamin

D.O.B. 31.1.87

Date 17.11.92

Dear Sir or Madam,

I shall be grateful if you will see this young boy, who has had sleeping problems on and off since about May of this year.

Initially the problem was that he went to bed without any problem between 6.30 and 7 p.m. However, he did not sleep and waited for his mother to go to bed and then tried to get into bed with her.

If he feel asleep at that stage, he woke between 1 and 2 and then went into the parental bed.

A Health Visitor has been working with the family with no progress.

Mother, on closer questioning, said that the problem possibly started in January of this year, following a bad nightmare. This occurred on only one occasion.

She is becoming extremely desperate and perhaps you can help her.

Yours sincerely.







DEPARTMENT OF CHILD & ADOLESCENT MENTAL HEALTH
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Our Ref:
30th July 2004

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Fax: 020 8869 2009
DDI: 020 8869

Dr [Name]
[Address]
[Postcode]

Instructions	Tick Appropriate Box	Org Signature
Initials/Date		
Parental Consent		
Referral		
File	<input checked="" type="checkbox"/>	AV

09 AUG 2004

Dear

Re: Jonathan BENJAMIN

I reviewed Jonathan on 8th July following an urgent referral from yourself. I assessed him in the presence of two of my colleagues, Tony Lewis, CAMHS Nurse Specialist, and Maddie Mills, CAMHS Social Worker.

Jonathan remained at ease and was able to communicate quite easily with us. He described being forced to see you following a bout of being very low in mood. He described feeling "depressed" since 2001. Although he could not remember what exactly precipitated the onset of this depression, he said that in the last three years he has felt low in mood on and off, however, in the last few months he seems to persistently feel depressed.

In the last year he has had a few incidents which he himself worrying, such as he lost his entire portfolio of art work on the train and subsequently felt so bad about it that he tried to hang himself in the toilet. No one was aware of this incident and he managed to keep himself safe until he felt better.

Again last summer, he went on holiday with his best friend to Spain, however, reports that his best friend bullied him and made it impossible for him to stay and therefore had to come home early.

It is incidents like these that Jonathan tends to keep ruminating about, which only make him feel a lot worse. Presently there are times where he goes down to the kitchen late at night and removes the kitchen knife from the drawer and holds it against his chest, not quite in an attempt to harm himself, but to be able to feel what it might like to actually commit this act.

On discussing his bouts of low mood, he described it as "lasting some times for hours, but then again it could go on for 2 or 3 days at a time". It happens only when he is left on his own and feels a lot better when he is with friends or family. There appears to be huge problems with his self-image; "I hate myself" he feels his nose and ears are distinctive and does not like his image because of these. Other than this, the only other precipitating factor appears to be the fact that







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24.	Receiving Hospital and Ward:		
Hospital: <i>Cornet Hosp Haver</i>			
Ward: <i>Byron ward</i>			
25.	Outcome of assessment and details:		
Section 2:	Section 3:	Section 4:	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Section 136:	Section 135:	Informal:	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Not Admitted:	Guardianship/Section 7:		
<input type="checkbox"/>	<input type="checkbox"/>		
Details:			
26.	Not detainable under Section:		
Details: <i> </i>			



Dear Sir Paul,

I have tried to start this letter a hundred different ways but I just can't find the right words to tell you what I want to say.

I have sat here for six hours now. Trying to begin. But what does that matter...

In those six hours, 7,248 children have died.

But it doesn't stop. By the end of today 26,000 children will die. And the same tomorrow. And the day after. And its poverty, disease, hunger-things that, and I can't believe I'm writing this-we have the power to stop. And I know you've heard this all before, and I know you've done things to help make a change...but we need to save humanity don't we?

Look, I want to apologise-I'm not a politician, I'm not a celebrity, I am just a simple man. A 22 year old student who might not have the words, the voice, the power to do very much but who has a passion, a belief, and a commitment to do something.

So please, all I ask is for just a couple of minutes of your time to read this.

I won't list you the facts, you probably know them already, and I won't try and move something in your heart, it's probably been moved before. What I want to do is just show you a vision that I have.

There's so much we can do. Why can't we raise the taxes, and yes, I know what you're thinking, "I already pay too much tax", but I'm just talking by 2p.

2 measly pennies. My 2ps just sit in the bottom of my wallet for months.

And if the 40 or so million of us in the UK who pay tax were just to add 2p more, that's £800,000 to spend.

OK, so that's not enough-well what about £2?

How many of us spend £2 a week, maybe even a day, on things they can live without? I'm talking about chocolate, or a magazine, or that pack of cigarettes, or a CD, or an item of clothing you buy to make you feel better about yourself but surely you'd feel so much better if that £2 went towards saving someone's life?

Well if the 40 or so million of us put that £2 extra in a year, that's £80 million pounds.

I mean still that's not enough but if the USA are involved, where over 200 million people pay tax a year, that's £400 million.

And why can't the European Union countries do the same, I mean not all of them, just the ones that can afford it? This tax could be voluntary? You just tick a box if you want to put £2 in or

to spend every single year to stop poverty and

in Asia, which has the largest population of all the

here in London in 2012 didn't they? Is the £2
for a single life?

is all I keep hearing, and yes we're in a crisis and I
don't sleep in and a meal on our tables. Of course,
poverty and disease here in the Western World too, but
especially in the Third World. How can we share the same
Worlds?

the way we spend it.

in the USA. People in the Third World have
a phone or even know what an I-pod is. Yet we
have a 32 inch plasma going to really change your life?
It's to be built for a family of children in Africa who
don't get an education. Now surely that's better

didn't even get eaten. An average American
spends a year, and worst of all almost *half* the food in
the world India's 1 billion population go hungry. Now tell
me about food shelters in every city in every nation, where
people go to deposit the food they otherwise bin.
People will go without food tonight alone.

possibilities in the USA. Most people I know
say they are able to, simply fast-forward them. \$50
can't change anything, only actions will.

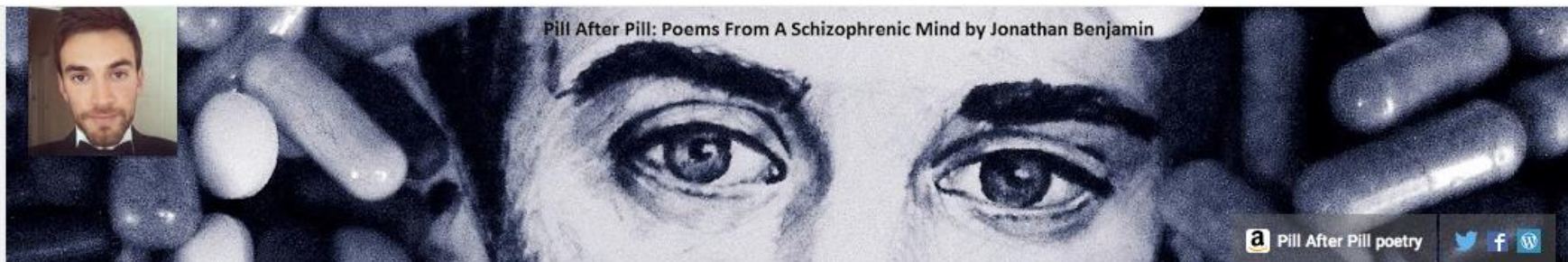
resources right here that can be put on the next

at £5...every 30 seconds another child dies

children die every day from the disease.

forms that children here grow out of and don't
schoolchildren have never stepped into a
nation. Everyone deserves the right to be





Jonny Benjamin 1

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Mental Illness: Your Recovery







18,959 views 3 years ago

A short film detailing what I found useful in my recovery from schizoaffective disorder.

*Something I forgot to mention: in moments of despair, go and do the dishes! Fill up your sink with hot water and washing up liquid, then start washing your plates. I was told this tip in hospital and there's something very therapeutic about it (plus it gets the washing-up done!) See the soap suds as your thoughts/moods which you are washing all away. ...

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Poetry

During a long stay in hospital after being diagnosed with schizoaffective disorder I began writing poetry.

Many of the poems from my book 'Pill After Pill' were written at that time. Some of these poems are

Can you help find the man that stopped me?



My name is Jonny Benjamin and 6 years ago at around 10am on 14th January 2008

I tried to take my life on Waterloo Bridge.

A total stranger came and spoke to me. He gave me hope and inspired my recovery.

Unfortunately I was so distressed I can't remember much about him, other than he was in his early twenties and on his way to work but I want to find him and thank him.

- Can you help me?
- Maybe you know him or remember your friend or colleague talking about it at the time?
- Maybe you were walking past and remember some detail about him?
- Could you share this with your friends/ colleagues?

I'm calling my campaign 'finding Mike' although I'm not sure that's his name.

If you know anything then please email findmike@rethink.org
Tweet #findmike or visit www.rethink.org/findmike

Supported by the charity Rethink Mental Illness www.rethink.org

Daybreak
08:14



94 pieces of broadcast and national daily print coverage – UK and international, seen by over 300 million



**Within days hundreds of messages & emails
had been received. There were 38 leads...**





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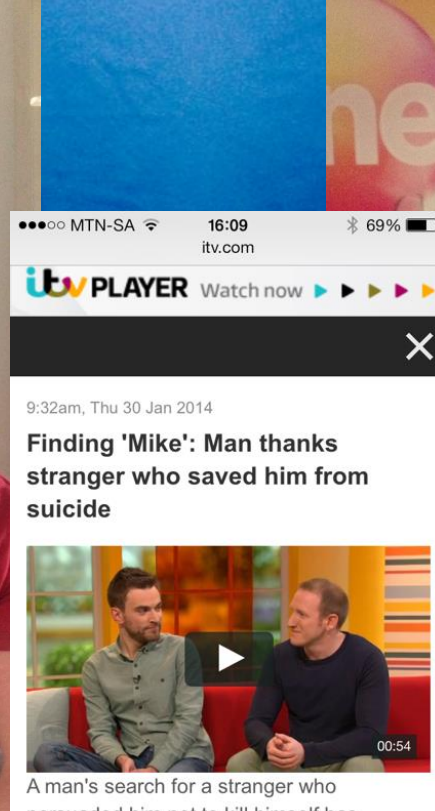
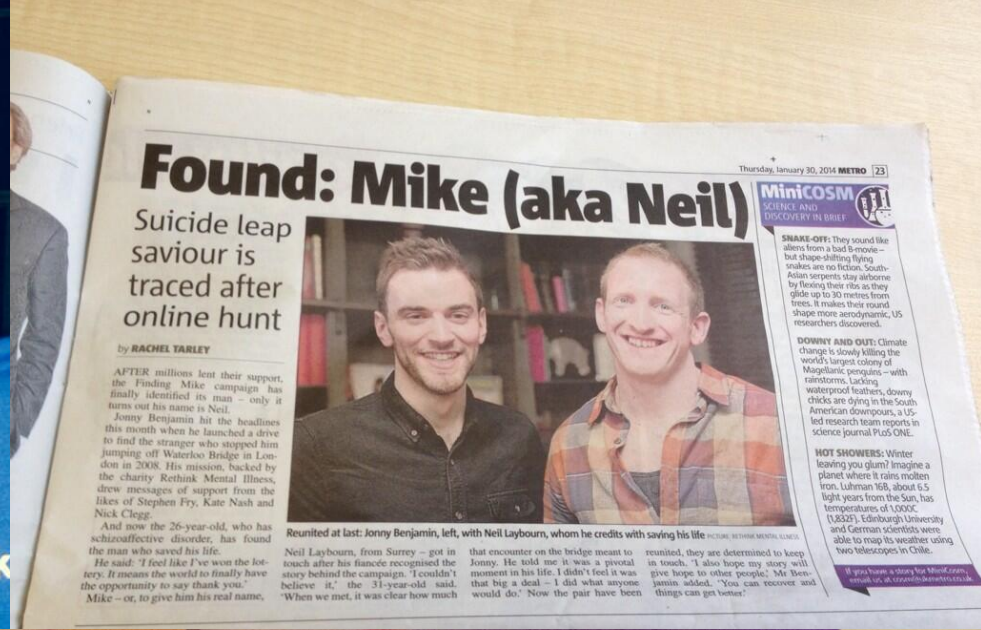
15 January 2014 · 2 people



Help find the stranger who saved this man's life

A man is searching for the kind stranger who persuaded him not to jump off a bridge into the River Thames in 2008.

metro.co.uk





THE STRANGER ON THE BRIDGE

MONDAY 4TH MAY
9:00 PM

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