

# 'Talking is a huge key to turning a corner with mental health'

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Two people share their experiences with anxiety and post-traumatic stress disorder

Brief 2 mins read

To mark Mental Health Awareness Week, Ian Fearsey (Facilities Manager at the Police Federation's headquarters in Leatherhead) and Sergeant Sue Honeywill (Devon and Cornwall Police, Federation representative) discussed their struggles with anxiety and post-traumatic stress disorder (PTSD) in separate blog posts.

*I cannot stress enough how talking is a huge key to turning a corner with mental health. I expect I will have wobbles now and then, but I hope these become fewer as I continue to learn about my mind and this condition.*

**Ian Fearsey**

*I think we need to be kinder to ourselves and give ourselves a little bit of a break because we do a difficult job and there is nothing wrong with being vulnerable sometimes.*

**Sergeant Sue Honeywill**

## Read the blog posts

- ['Talking is a huge key to turning a corner with mental health'](#) by Ian Fearsey
- ['Don't be frightened to admit you are struggling'](#) by Sergeant Sue Honeywill

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