

RETURNED SOLDIER

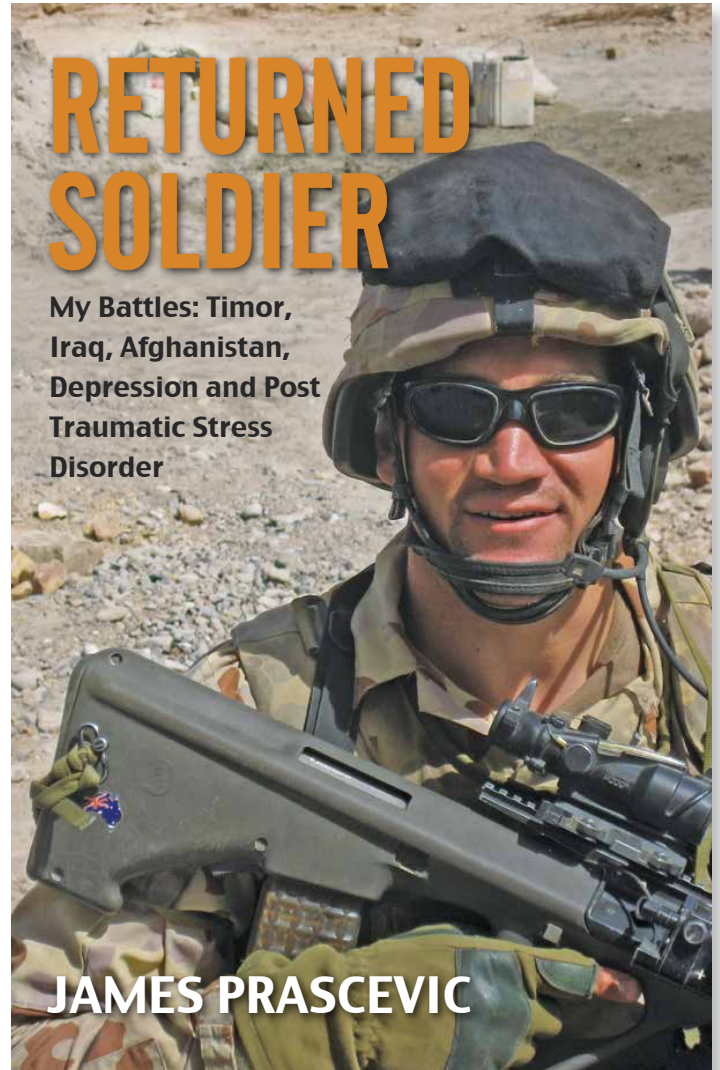
JAMES PRASCEVIC

James Prascevic was a plumber in Victoria, when he decided to enlist as an infantryman in the Australian Defence Force. With 1 RAR he served in Timor, Iraq and Afghanistan, where he was confronted with the horrifying effects of Improvised Explosive Devices. Upon his return from Afghanistan, he completed the Commando Selection and Training Course and most of the Reinforcement Cycle for the Special Forces, but broke his leg in a parachuting incident.

That was when the black dog bit, causing him to be medically discharged from the ADF after almost ten years of service. He was diagnosed with Post Traumatic Stress Disorder (PTSD), Major Depression, Anxiety and Alcohol Dependence. At first he was silent about it, until he lost his wife, his career and nearly his life.

As a result of this, he did fundraising for the Black Dog Institute, set up the website Different Challenge, and crossed Bass Strait in a tinnie to raise awareness of mental illness and its often devastating effects. James aims to inform us about the sacrifices Australian soldiers make for their country, and that there is no shame in admitting you have a mental illness.

James provides an honest, first-hand account of the front lines of combat — witnessing the disturbing consequences of war for civilians,



the thrill of being caught in a firefight, the shock of losing a mate — and of the training that got him into those situations. This is his story of life as an infantryman and the unglamorous aftermath of war.

www.differentchallenge.com.au

www.facebook.com/Jamesprascevic

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