

Policeman's tough life is put in print

► WAGGA

PAUL Horner knows what it takes to be on the beat in places in like Cabramatta, Mt Druitt and Bourke.

The 38-year-old former senior constable spent 11 years in the NSW Police Force – between 1997 and 2008 – in charge of proactive task forces and being responsible for up to 12 junior officers at any one time.

After being medically discharged with a diagnosis of chronic post-traumatic stress disorder and depression, he has spent the last five years writing a book, *Jack Knife*, which he is coming to Wagga to promote.

He hopes to use his experiences to educate government officials and police management.

"I didn't want to stop being a cop," Mr Horner said. "But the things you get subjected to as a front-line officer end up forcing you to make hard decisions."

"People would be surprised about how little support police officers get and the amount of stress police officers go through on a day-to-day basis."

"You can respond to anything from fatal car accidents, homicides and violent sexual assaults, all in one day."

Mr Horner has now devoted his life to seeing logistical changes made within the force and presenting post-traumatic stress disorder presentations to Queensland Police.

"As a result of the book, I've made seven recommendations to NSW Police



POLICE PROBLEMS: Former police officer Paul Horner is coming to Wagga to talk about his new book, *Jack Knife*.

Facts

- Anyone wanting to purchase a copy of *Jack Knife* can do so by going to the publisher's website www.zeus-publications.com
- Paul will be speaking on 2AAAfm on Friday at 10.40am

which included things like mandatory debriefs, operational allowances and changing up roles to give front-line officers a break," he said.

"I also think people should start becoming

more aware of a general loss of authority which seems to have taken place in society, not just with cops, but with teachers, judges and the like.

"I just hope my book starts to educate people."

A spokeswoman for the publisher of the book, Zeus Publications, said the book's strong message would be of interest to a variety of readers.

"We are hoping it will help post-traumatic stress disorder suffers and educate the community more broadly on what our police have to go through," she said.

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