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Raising awareness of the plight of police

COURTNEY GARNHAM

For many years Paul Horner was living his childhood dream as a police officer.

But faced with a barrage of death and destruction in his line of duty, things spiralled out of control.

After being hospitalised and receiving medical treatment and therapy, he was diagnosed with Post Traumatic Stress Disorder (PTSD), depression and alcohol dependency.

As a result, he was discharged from the force.

He found catharsis through sharing his story and wrote a book – *Jack Knife: The Crashing of a Policeman*.

Mr Horner served as a senior constable in some of the toughest regional areas including Bourke, Byron Bay, Mount Druitt and Cabramatta for 11 years.

These weren't easy areas, he says.

But it was the reward of being able to help the community that kept him going.

"I really do detest bullies," he said. "I used to get a big kick out of locking grubs up. I wanted to be able to make a difference."

Now he is travelling the state to spread the word on the horrific situations police officers are faced with as they perform their daily duties.

Mr Horner also wants to hold talks on PTSD and how it can affect police officers.

Jack Knife is available from Zeus Publications.