

PTSD

Living with the consequences

Mark Smith



1982 – 1987



1987 - 1996



THE GUARDIAN

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Fifty Met officers injured as petrol-bombers and looters rampage through streets of Tottenham

Policeman killed in riot

Guns fired in violence after woman's death

By Susan Perry, John Scott and Andrew Ross

A policeman died in the riot that broke out in Tottenham, north London, last night after four hours of rioting in Tottenham, north London turned into the largest episode so far in Britain's recent wave of racial disorder.

The death was announced by a spokesman for South London's Metropolitan Police, which is in the forefront of riot control. He said that the man, who was identified as Sergeant Robert Jones, was killed by a petrol bomb thrown by a rioter. The spokesman said that the man was killed by a petrol bomb thrown by a rioter. The spokesman said that the man was killed by a petrol bomb thrown by a rioter.



**BROADWATER FARM RIOTS
TOTTENHAM LONDON
SUNDAY 7TH OCT 1985**



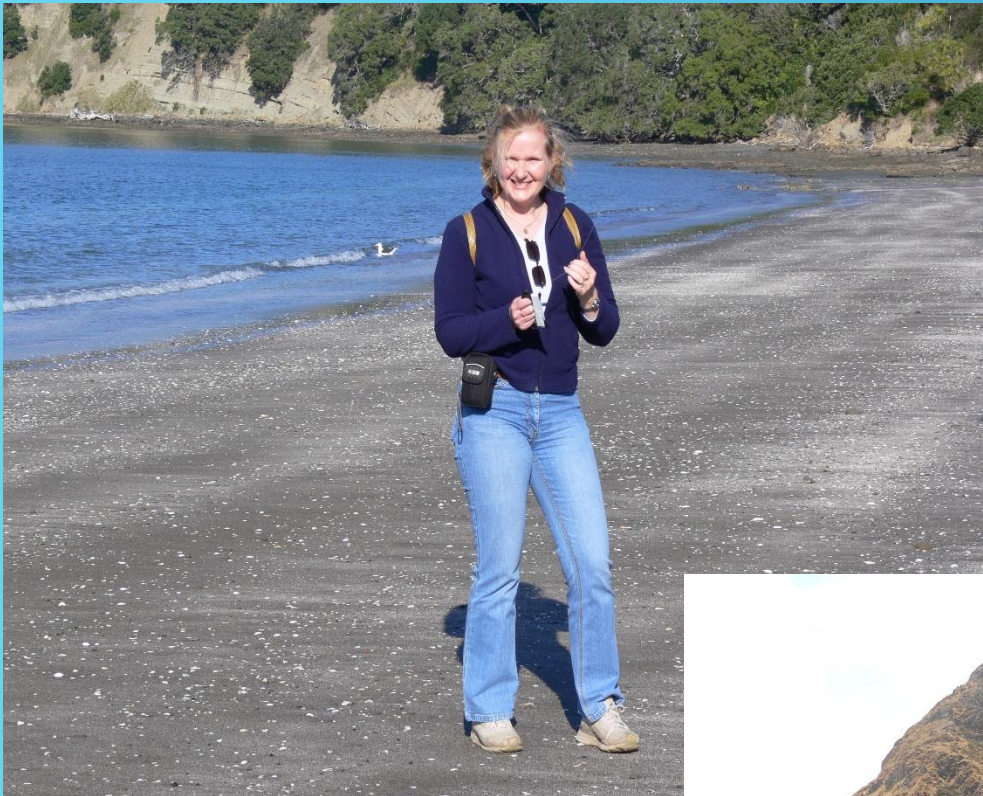
ANOTHER DAY AT THE OFFICE....





BREAKING OUT!!





SUPPORT IS EVERYTHING



supportive listening by chibird



- ♥ try to understand them
- ♥ respect their thoughts
- ♥ don't interrupt
- ♥ only give advice if they want it
- ♥ be aware of their feelings
- ♥ be empathetic and supportive, not judgemental

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*SPREAD THE WORD - AND BE A
MATE.*





Goodbye
SHELONH
Zai Jian
Giga-waabamin
Adios
ALL REVOIR
Ming longz oc

Ispvásti
awo
Usale kakle
Sayonara

My boss told me to
have a good day...



So I went home.