

8th Annual Congress on MENTAL HEALTH

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How to Dissolve Anxiety and Depression using Text Messaging**Keith Coney***Keith Coney Life Support, Australia*

At the 7th Annual Mental Health Congress in 2021, I presented my lived experience of recovery from 4 mental illnesses. I have 20 years as an engineer but since I discovered that I am an empath and since developing that skill I have been able to "transfer" any mental illness into my body over a period of 90 minutes. I have had great success with all psychiatric mental illnesses and numerous traumas and emotions in children but not schizophrenia yet. I used this skill to dive into many people's illnesses – from life-long PTSD to year old anxiety and so on. I can safely say that I know exactly what causes mental illnesses. But an empath's skill is not practical for mass distribution to the public health systems as a solution to mental illnesses. In fact, every empath that I have met has a different skill, so my initial focus on duplication appears not to be an option. It wasn't until I started answering posts on the Facebook mental illness pages in October 2021 that I realized there was another way. Every mental illness that I have worked on to date has had a major emotional event immediately before the start of the illness. So I started looking for ways to address this blocked emotion and release it. I succeeded the first time. It took 2 hours by text message. Now, I complete 3 to 5 of these a week anywhere in the world and at the end, if the illness is not completely dissolved, it just means we missed a few emotions. There will never be a cure for mental illnesses, but I'm going to show how any trained person can guide a mentally ill person to release the emotion they caused – the emotion that started their illness. Mental illness is not the correct term for these issues. I'm not sure they are not even illnesses. I call it Emotional Overwhelm. I have formed a group of people with varied expertise to assist me to navigate through the huge resistance to a mental illness solution posed by stigma and the majority of people in general. We continue to write to individuals, journals, businesses and organizations worldwide. We called this group ERADICATE.

Biography

Keith Coney is a full time Quality Manager for a tier 1 contractor in Australia on a major Defence project. He is a Chartered Engineer and Project Manager, Lead Auditor and a Certified Life Coach (Engenesis' Being Profile). He is insured for counselling internationally based on his experience. He has delivered speeches to Defence, Sunsuper and other businesses and charities about mental illnesses and he resolves mental illnesses in any person that asks for support on the Facebook Stress, Anxiety, Addiction, Depression page. Since 2019, he has successfully resolved over 70 individuals with any psychiatric disorders, emotional traumas and supported people in suicide situations – in more than 15 countries. Keith focusses on innovative ways to resolve mental illnesses in a matter of hours with the view to eradicate mental illnesses worldwide long term.