



Old Scholar



Saint Stephen's College

JAMES MASKEY

Class of 2006

After I graduated from Saint Stephen's College in 2006, I was accepted into an undergraduate Business Law Degree at Bond University. I completed this Degree in 2009, at the age of 20. I didn't know much about the world, but I did know enough by then to realise that I didn't want to be a Solicitor. I had a solid grasp of the judicial system and was well practiced in interpreting legislation and presenting evidence in a court setting. I was also young, energetic and considered myself to be quite fit and healthy. At the time there seemed to be only one obvious choice, and that was to become a Queensland Police Officer.

From 2010 to 2014 I worked as a frontline Police Officer in the areas of General Duties and the highly regarded Child Protection and Investigation Unit. During the course of my duties, I responded to countless critical incidents, which significantly impacted my mental health. In 2014, I made the difficult but empowering decision to resign from the Queensland Police Service in an effort to reclaim my mental health. To improve my mental health I began training for and entering in a number of endurance events including Spartan Obstacle Course Races, marathons and ultra-endurance events. I found great solace in the profoundly positive correlation between exercise and positive mental health regulation.

In August 2018, I will be competing in Iceland's 'Fire And Ice Ultra Marathon', the toughest multi-terrain race in the world, spanning 250 kilometres through undulating terrain situated in Iceland. I will be representing Australia and racing against some of the world's most elite ultra-runners. Whilst training for and competing in this gruelling event, I am championing support and raising the awareness of Post Traumatic Stress Disorder (PTSD) and the exceptional work conducted by Phoenix Australia – The National Centre for Excellence in Post Traumatic Mental Health. My pursuit is to assist in changing the stigma that surrounds mental health, raise the profile of PTSD and to empower those, especially emergency service workers, who experience mental health difficulties to seek the support of professionals who can help them recover.

I have also recently accepted the National Engagement Manager role at BeyondBlue in their 'Police and Emergency Services Program'. I've made the decision to embark upon a new chapter in my professional journey to change the stigma that surrounds mental health in the Emergency Services. My new role with BeyondBlue is to engage with all emergency service organisations around the country and assist them in creating mental health policy to empower frontline staff to survive and thrive whilst performing emergency service work.

