

Start feeling better quickly, by Understanding & Fixing problems, with [SmileFixit](#) Mental Health Phone Tools. These mostly Online Anytime Anywhere Tools are Simple Easy Self-Help Fast & mostly Free. You don't need to send your contact details or money. Our reward is making the World a Healthier Happier Safer Place which also helps our Children & Grandchildren.

Usually start with 5 to 20 minutes of [Scroll+](#), then go to what looks like it will help you most that day.

[Mental Fixit Live Streaming](#) [Mental Fixit App \(App Store\) \(Google Play\)](#) [MentalHealthVideosA2Z.com](#)

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[Non-Addictive Tongue Absorbed Powder Medicine Combinations](#) [Pocket Powder Medicine Dispensers](#)

As an Old Time Do Everything Family Doctor in Perth for 53 years
I treated people of all ages & types, with all sorts of Health problems
in ½ a million Consultations & Home & Hospital Day & Night Visits.

I loved helping to bring 800 babies into the World, doing their 6week check-ups & helping their Mums with them; & treated 1000's of people each year with all sorts of Infections Injuries & Diseases; did 100's of Appendicectomies & Tonsils; helped with 1,000's of Broken Hearts Minds & Families, not well at first because of a lack of training & understanding, but then learned; treated Old Age Sickesses & thought about the causes & suffering of death as I filled in Death Certificates.

I was very interested to find 1.) which Health Problems caused the Most Suffering & why 2.) who lived the Healthiest & Happiest Lives & why 3.) which Health Problems got the Worst Treatment & why 4.) & how to develop Treatments that would help People Suffering the Most to more easily & quickly get a Healthy Happy Life. A boy on a remote Farm during World War2, because of Wartime & post War shortages I became a keen problem Finder/Fixer/Innovator.

1.) I found the People who suffered most were those with i.) Mental Health Problems ii.) Relationship Problems iii.) Addictions. Those Problems were often worse than Heart Attacks Pneumonia & Cancer & often caused Physical Diseases.

There's NEVER been any Perfect Mums Dads Families Streets Communities or Schools. So, EVERY CHILD, including Us & Ours, suffered some Unmet Needs & Mental/Social Distresses & some had Transgenerational Trauma – Damage caused by twisted Grandparents' & Great Grandparents' who'd suffered Disasters. Mental Problems are nearly always 1 link in a Chain of Problems, in a Chain of Troubled People. The sooner Problems are found & understood the easier fixing them & breaking Chains is. But Chains are almost always ignored then cause more Problems. People may start street drugs to get relief from Mental Distress if getting street drugs is faster, more convenient & at first more affordable than getting help from Doctors.

2.) I found people who had the Best Lives were those who were i.) Mentally Healthy ii.) had Good Relationships iii.) had few Physical Health Problems iv.) & No Addictions. The most important Factors in getting a Good Life were THE 3 Ms i.) a Good Mum when they were a Baby ii.) A Good Parental Marriage iii.) A Good Personal Marriage based on both Partners being Good People & also being very Compatible. THE GREATEST FACTOR IN GETTING THE 3 Ms WAS GOOD MENTAL HEALTH.

3.) The Troubled People who got the worst treatment & suffered the most did so because i.) there were only 2 Main Tools for fixing Mental Health Problems & both Tools had Very Great Weaknesses. Developing Better & Better Tools is now a very major Global Human Activity everywhere – except in Mental Health ii.) Weak Tools cause Long Clinic Waiting Lists because people get better so slowly, or don't get better, so take up too much Clinic time iii.) Long Waiting Lists at Mental Health Clinics cause Longer Waiting Lists because while waiting, unsolved Problems cause more Problems & Complications. iv.) & MENTAL HEALTH, WHICH IS THE MOST IMPORTANT FACTOR IN HUMAN LIFE, IS NOT TAUGHT IN SCHOOLS!!!

Tool 1, Therapy Long Consultations don't fit in GP Clinics & at Special Clinics are too delayed, inconvenient & costly.

Tool 2, Mental Health Medicines are designed to extract as much money as possible from Troubled People, so are designed not to fix Health Problems quickly, which would reduce sales & profits. Worry/Anxiety is the commonest Mental Health Disorder. 1963 Tranquilizer Diazepam (Valium), as with all addictive substances, only works for a few weeks then fails unless doses are increased. It was the World's greatest selling medicine from 1968 to 1981 because it's so Addictive. I treated many people on 20 to 50 Valium tablets daily & 10 on 100daily. More addictive 1982 Xanax (Alprazolam) & 1992 Ambien/Stilnox (Zolpidem) then took over & I saw people on 12 to 17 Ambien a day. Psychotic people who can afford Antipsychotic medicines do better at first, but long term those in poor Countries who can't afford Antipsychotics mostly do much better.

4.) So, in 25Years I Developed a Complete Pack of Tools to 1.) enable EARLY Mental Find/Understand/Fixes 2.) do most Consultation work as Self-Help simply quickly free anytime anywhere with [Scroll+](#) the [Mental Fixit App](#) & over 100 Videos on phones & laptops 3.) teach Habit Making & Breaking including Meditation 4.) easily Share findings 5.) make all Mental Health Medicines NONADDICTIVE, NON-DAMAGING, very Convenient & Fast to Take anytime anywhere, & tongue absorbed so very fast acting, & highly & widely effective 6.) make getting Mentally Healthy/Happy Interesting/Enjoyable.

These Tools are continually being improved – please send comments criticisms & ideas to HealthEStuff@gmail.com. Donations to Neil Gregory Beck account 218843182 BSB 774001 will ALL go to spreading [SmileFixit.com](#) Tools Worldwide.

The next stages are translation into the 4 other main Global languages & early Teenage & Primary School versions.