

A Fast Easy Mostly Free & Self-Help Mental Health Program, with Nothing Addictive, by Dr Neil Beck

Start it in seconds anytime, anywhere, on your phone or any other screen.

- 1) When you have Unhappy Feelings, Troubling Thoughts, do Unhelpful Things, or if you have Bad Habits, find & fix the Causes, then cut the Feelings, Thoughts & Actions, Feel & Function far Better, & get a Happier Healthier Safer Life.
Phone friendly Tools let you start doing those things immediately & easily till you can see a Doctor &/or a Therapist. Over 29 years I've spent 1000's of hours with Mentally Troubled Patients developing & perfecting these helpful Tools.
- 2) Often do the free [Mental Fixit App](#) Check at [App Store](#) or [Google Play](#) & read its instant Reports & Recommendations.
- 3) Often do [Mental Fixit Scroll+](#) & watch [Mental Fixit Live Streaming](#) & [MentalHealthVideosA2Z](#).
- 4) Easily & Instantly Share your [App](#) Check Reports with your Doctor & Therapist online & if Reports mention possibly helpful medicines research them online & discuss them with your Doctor & take whatever your Doctor prescribes.
- 5) For Relationship problems soon see [The "PLACE/FACE" Compatibility Check](#) we're now building.
- 6) And see [Great Advantages of Non-Addictive, Tongue Absorbed, Tasty, Fast Acting, Powder Medicines in Pocket Dispensers & Non-Addictive Tongue Absorbed Powder Medicine Combinations](#) & [TastyPocketDispenserFruit&VegPowders](#) & discuss with Doctors.

A Perth "Do Everything" Family Doctor for 53 years, many in early years before Perth had enough Specialists, I had 500,000 consults home & hospital visits, helped Mothers bring 800 babies into the World, did 100's of Tonsillectomies Appendicectomies & broken bones, & in 5 years treated 7,000 Addicts in my own part time Addiction Clinic. The worst problems were Mental Health & to get help with them there were long waiting lists so I looked for new solutions. Phone Tools were best – People could start understanding & fixing many problems themselves far earlier, before complications developed. They then needed less Doctor & Therapist time, which cut waiting lists & costs. These are my Tools so far, some still being finalised & improved through feedback & research.

[Get A Better Life](#) [Mental Fixit App \(App Store/Google Play\)](#) [Mental Fixit Scroll+](#) [WorldMentalFixit.com](#) [Mental Fixit Live Streaming](#) [The "PLACE/FACE" Compatibility Check](#) [MentalHealthVideosA2Z](#) [HeartBeatMeditationAids](#) [TastyPocketDispenserFruit&Veg Powders](#) [Phone Treasure Non-Addictive Tongue Absorbed Tasty Powder Medicine Combinations](#) [Pocket Powder Medicine Dispensers](#)

People I saw suffering the worst usually had Cancer or Mental Sickness + an Addiction, but Cancer usually came after many years of mostly normal happy life, so Mental Sickness was far worse. It usually started in Childhood, usually caused by Parents' & Previous Generation's Mental & Social Problems, Conflicts &/or Divorces, so there'd been little or no normal happy life.

The main Mental Disorders are "Upper Overstimulation" – Anxiety & Sleep Disorders, Bipolar Disorder, IAD (Irritability/Anger Disorder), PTSD, Schizophrenia & PTEF (Post Trauma Evil Focus)

And "Downer Under Stimulation" – Depression, ADD/ADHD & CFS (Chronic Fatigue Syndrome).

So Street Drug Dealers push Addictive "Downers" – Alcohol, Benzodiazepine & Zolpidem Tranquilizers, Cannabis, Heroin & Addictive Painkillers or Addictive "Uppers" Nicotine/Tobacco, Amphetamines, Cocaine & Ecstasy/MDMA.

Troubled People Worldwide spend \$US3.4 Trillion a Year on "UPPER" & "DOWNER" Street Chemicals to get fast relief, but that usually ends in disaster; \$US1.6–1.7 trillion pa is spent on Alcohol ½ by problem drinkers, \$US0.9–1.0 trillion on Tobacco, 300 million people spend \$US400 to \$600 billion on Cannabis Opioids Fentanyl Amphetamines Cocaine Ecstasy, & \$US48 billion is spent on Mental Health & Addiction Medicines that are often Addictive Slow or Poorly Effective, to increase Pharmaceutical Industry profits.

I searched & found NONADDICTIVE SAFE EFFECTIVE MEDICINES that ALL Doctors can prescribe EARLY, when Cutting Troubles & Quitting Addictions is far Easier. And what was even better was Combinations of 2 to 4 Powder Medicines dropped on & absorbed by the Tongue. See [Great Advantages of Non-Addictive, Tongue Absorbed, Tasty, Fast Acting, Powder Medicines in Pocket Dispensers](#). I call my combinations CalmFast LowMorningFix LowNightFix UpFast AngerFix TobaccoFix PainFix RacyHypeFix ViolentSexFix.

AI will improve Diagnosis/Therapy but at first cause great employment & social distress & increase "Upper/Downer" use.

I was surprised it wasn't hard to develop better Tools & Methods than what existed, then realized it's not hard to beat those "Helpers" who are much more focused on profiting from, than on solving problems. And I developed confidence to think of solving Humans' greatest problems Worldwide because 5 Members of my extended Family have made substantial Global Contributions.

Brother Prof Clive Beck of Toronto University <https://literacyteaching.net/about-2/meet-the-research-team/>

Daughter Felicity <https://globalhospitalitytalk.com/speakers/felicity-beck/>

<https://cnauluxury.channelnewsasia.com/people/felicity-beck-bar-studio-capella-sydney-rosewood-phuket-ritz-carlton-melbourne-241611>

Nephew Christian Beck <https://www.afr.com/technology/how-repeating-first-grade-drove-christian-beck-to-a-circa-6b-ipo-20251016-p5n31m>

3rd Cousin Sir Marcus Beeck/Beck <https://adb.anu.edu.au/biography/beeck-sir-marcus-truby-12189>

2nd Cousin John Meacock <https://www.centerstone.capital/team> <https://www.cleardynamics.com/team/john-meacock>

