



Former ADF investigator Matt Good at home with his trusted service dog Ulric, a Lykos. Picture: Sarah Matray

MAN'S BEST FRIEND PROVES HIS WORTH

MICHAEL CROOKS

FORMER Australian Defence Force investigator Matt Good was on holiday with his family in 2018, when he suddenly found himself in desperate need of help.

Good, who suffers from post traumatic stress disorder

from his time in the army, had had an argument with a family member and stormed away, feeling suicidal.

"With PTSD, your response is more intense than what it would normally be," Good explained. "I was pacing, completely in my head, not in the moment."

Luckily, his most trustworthy companion was by his side, his dog Ulric.

"He was all over me," Good said. "He got in my face enough that I was patting him and he brought me back into the moment. It gave my wife enough time to find me and calm me down."

"If Ulric hadn't been with me, I would have gone off and done something stupid."

Dogs like Ulric, a Lykos, have been saving the lives of veterans for decades.

Ulric is specifically trained to wake Good up from his nightmares and to respond to his anxiety.