

14.10.24

Adam

Fighting w/ partner. Yelling at her.

I'm in tent. She's gone to friends.

Don't like myself lately. Not who I am.

? the drugs.

Hear people yelling, out smart remarks.

'x. head; poot; poot' - not voices; hear it in distance

1 Bartholomew; (name for going to call me)

B.I.L. that died

People in & out of my tent when I'm asleep.

I can tell what people are saying at Bowling Club
that they've been through my tent.

Packed up. M's going to pick me up. 3pm.

(Bowen Mountain)

Feel my whole self. Been a set up. I love her &
miss her. Having a break.

Meth - 2-3 pts / day. Feel good when good quality;

I can f- & mind works.

Lost phone. Broke phone.

Low mood. (W)

They all leave; I get used up. Get frustrated.

Think about ringing my daughter & don't. Don't
know what to say. then put it off for years.

Crap being on meth.

Contacted Nepean Detox.

Lost my way.

& contact w/ son.

HU a mess.

Don't know where to start.

Think people won't want to see me → sit by myself.

M's lives w/ her so. (Cheryl)

Daughters up the mountains.

Mom aware of issues.

Need to get mind right again & I'll be more stable.

Rt shoulder injury

MH Hx

Central Coast - Craig Perkins (GP) & counsellor.

- Zoloft

- Effexor XR. - 2 yrs. → < - depressed.
- hard to get off.

Dx - depression; anxiety; schizophrenia

paranoid thoughts -

> when working; think too much when not working.

Developmental Hx

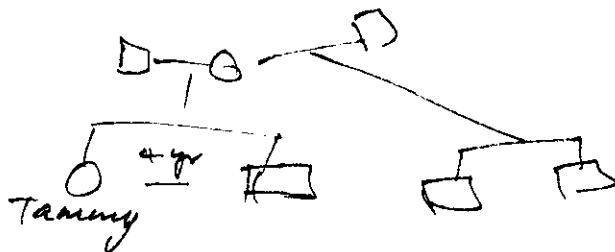
Eat - cereal; av. kitchen & don't like being around
people. HHH - get food & go. Don't eat much.
Bread - peanut butter.

→ Born - Parramatta Womens Hospital.

Bowen Mountain

M^r worked in city

f^r a builder



M^r & b/f broke up
Parents marriage,
brought up three
boys.

I'd wag a bit & sit in orchard & eat lollies.
Lot of time on own.

Steiner school.

State School - always naughty. Couldn't read & do
the work - so much up.

When Tammy's father died - we fell apart.

My daughter 13 then & we were all close.

Left school YR 10

Job in fencing -

Turning

Lived in ~~car~~
to 6 yr relationship ended; said she didn't want me.
23 - met mother of daughter (Tammy) (still in love w/
first g/f). Together 21 yrs. Still friends

Good Chloe + Jack.

relationship; friends; normal life.

Then in

→ Rachel - last 10 yrs - had a boy → in foster care.

Matt died (BIL) + Tammy wanted to find the killer
I met Rachel + got on well.

She was on another drug

My job stopped (? AOD) → life became harder.

Family + work didn't like ~~Tammy~~ Rachel.

Tried to get housing for me + Jack. Then Tammy got
that.