

Dear Peg. 8/7/15
So its been a minute since my last letter. Ive been doing my best to not bug you with my problems. I know your helping alot of men in here. Im just really depressed and nothing has changed for me. My biggest problem is dealing with my crime. I have alot of problems because of what I did. It really messed my mind up alot and its a every day problem for me. I want to fix it but there is no way to fix the past. And life in prison is what I did to my self. I just ~~wish~~ wish the Doctors would help me. I cant get the treatment I need in Seg and Dr Boivin knows this and said he will work with me once I get out.

The Doctors know how hard this is on me and all I have been asking for is treatment so I will stop attempting suicide. Knowing what I did eats at me non stop 24/7 and it hurts me alot. I just wish I knew how to deal with it better.

I was put on meds 3 weeks ago. Im taking Zoloft. It treats Depression (OCD) (PTSD) and (PMDD). As of now Im still hurting on the inside like always.

I have 38 more years left in prison 2#
until the day comes before the light. Then there are times when I think
just wish I could have even
about my 2 little girls and family. But
with out any treatment this cutting open
wounds will not stop. I'm really shocked
WRC said No.

I've cut my self all up over the
last few years. I dont know what I
was thinking.

I hope something changes here soon.
Please take care Reg and Thanks for
always being there to help me. Thank
you so much you dont ever know how much
you truly have helped me in the past. You
mean alot to me. Thanks. Truly Justin Welch
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