

to
much
love

二



your father used to
treat me so badly. He
used to shout at me when
I left the heating on.
One day he saw that I
left the heating on. He
filled up a jug of water
and came in to the living room
and poured it over my head.

One day I came home
from the shops and I saw
he had left the heating on
so.... I got him back

HA HA HA HA









I'm SORRY BUT I CANT
CONTINUE THIS WAY. YOU'RE
PUTTING YOUR ADDICTION IN
FRONT OF OUR RELATIONSHIP
I WISH YOU THE BEST
TAKE CARE











trash

Charlie Tothill
D.O.B: 17.04.1989

29th April 2021

Re: GP Referral for specialist addiction services LB Lweisham

Dear [REDACTED]

As we discussed in our second to last counselling session, I would recommend that your GP refers you to drug and alcohol services in LB Lewisham, for specialist addiction counselling. Although you are no longer using substances, it has been a relatively short time of abstinence and in my professional opinion you would benefit from specialist therapy to address addiction and the symptoms that come with it. I feel that this is especially important as you have been in crisis in the past weeks and you therefore need to be seen in secondary services, within the NHS with someone who specialised in addiction.

With best wishes,

[REDACTED]
[REDACTED]
Psychotherapist and Counsellor
UKCP (reg)





Hi m8 I HEARD you're going thru a HARD time. I JUST WANT you to KNOW the HARD times WILL PASS and you will become STRONGER FOR it IN the END

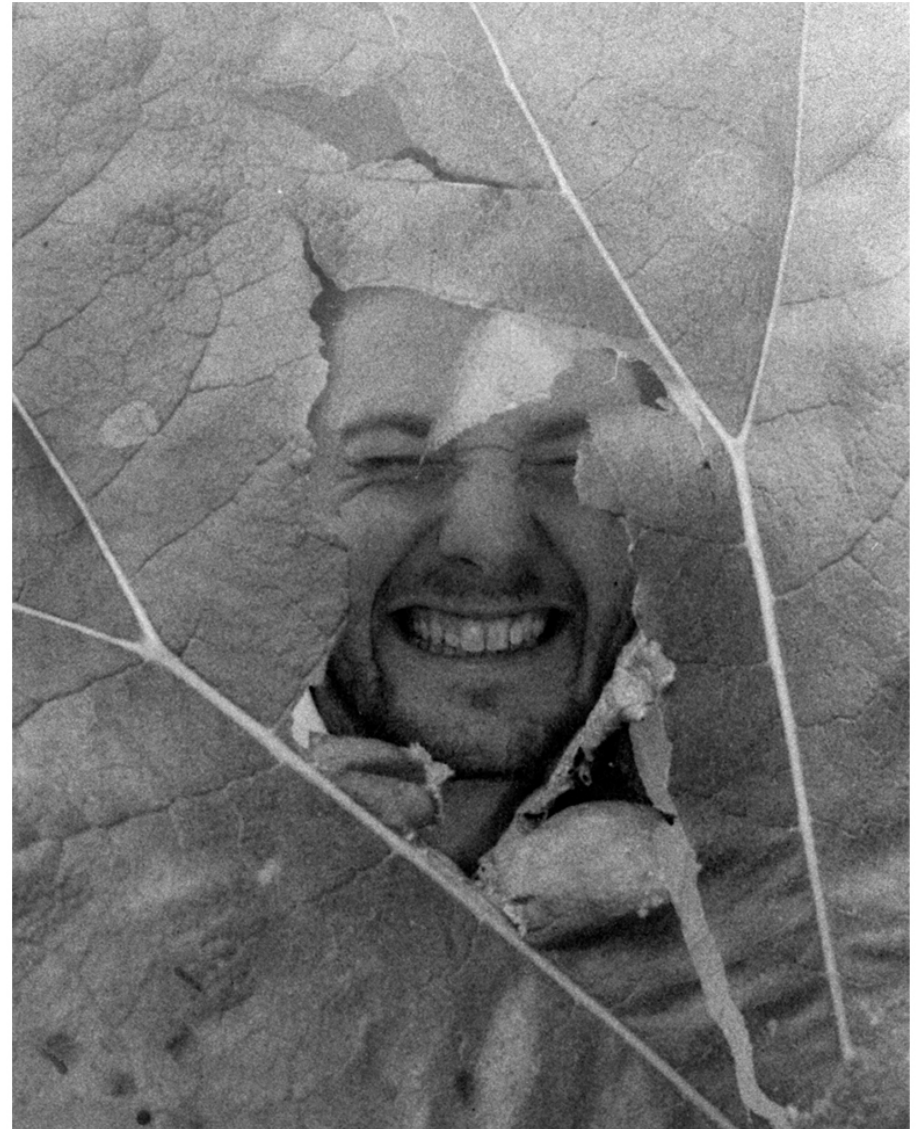
YOU HAVE MADE SO MUCH PROGRESS IN SUCH A SHORT SPACE OF time AND im VERRY PROUD OF YOU.

JUST REMEMBER TO KEEP UP the good WORK EVEN WHEN you're Feeling Better.

Also STOP Doing things that MAKE you Feel ILL. YOUR BRAIN might like Cheese AND milk BUT your stomach DOESN'T. ALSO STOP smoking!!!

BUT ONE thing AT A time . DON'T OVERLODE YOUR SELF. JUST KEEP ON TRACKING

STOP Letting things OUT OF your CONTROLL get you DOWN to much there is NOTHING you CAN DO. STOP taking the WEIGHT OF others
LOOK OUT FOR YOURSELF





@ GARRY-POWDER

NOT
ENOUGH
SELF
RESPECT

