

Wed a.m.

Dear Tricia

I'm going into town to see my doctor - my depression is so bad I'm really worried. Please don't think I'll do anything stupid i.e. suicide but it got awfully close yesterday. I may have to go into hospital for a while. Whatever, I'll ring you later today. My understanding is that you're working tonight so depending on what happens I'll ring you at home or at work. Money-wise I'd rather work tonight but who knows what will happen.

xxx

Sandra

P.S. I am so sick of this. I just want to feel normal for a change. It's just so hard to have to make a conscious decision to take every single breath