

Episode_14_Robby.mp3

[00:00:02] Please be advised we will be discussing subjects that may not be suitable for all audiences and will include subjects that some will find challenging traumatic or triggering.

[00:00:16] Welcome to you don't fight alone. A podcast sharing the stories of those of us successfully living with mental illness and how we got here.

[00:00:33] So I mean the reason I'm in Denver is because of a rock bottom. So I worked in there. Like I told you a Geek Squad I'd been at Best Buy for four years since the day I retired. And man I can't speak more highly of a crew of people. Management and employees alike that. We're so open to what I went through and we're willing to. Understand and at least discuss it. I mean when things happen they move me around but my last year I spent as geeks What manager and that kind of warm me down. Since I moved there even in my first interview the general managers. He asked Hey would you know do you really want this job because you seem like you might be a little more.

[00:01:22] Like above this kind of level for what we're looking for. You might be a little higher than our part time guy. I don't like now you know I'm looking just fresh out of the Army but I mentioned to him I had always wanted to help veterans. Well four and a half years later I met a veterans event. There's this lady standing there and my best friend's working a table. She goes Hey they're looking for an outreach person. So I was like Well I don't know. My friend goes let me just mentioned your name. We'll see what happens. Four hours later I get a call saying hey send us your resume. So I sent in my resumé. And they immediately were like come in for an interview.

[00:02:01] Did interviews. So I got hired by Mississippi united and homelessness to find veterans get them housing. And. Boy was that like getting hit with a baseball bat of reality. You see that shit. Like that. I mean. I've been homeless myself 20 20 years ago six months lived out of my car. I was 20. I could handle it. Not a big deal. Took showers friends houses. It's. Not like when you're 45 and can't be going around him you could blow your shower but you know how it works. So I started helping with that. And. My anxiety was already.

[00:02:47] Having some issues some depression issues. Depression is a pretty big deal for me. And December 17th I just.

[00:02:57] I broke.

[00:02:59] I mean I always remember. I mean I can remember October. I can remember December better because I wasn't drunk but I'd been drinking again recently and December 17th I just. I was done again. And. I. Got my pistol. And rather than doing anything stupid. I just locked it in my glove box of my car and it called the suicide hotline and I said. I need help.

[00:03:28] And I don't know what to do I'm nowhere to go but be patient but it's two hours away. It's not the first time I've called the veteran suicide hotline for anybody hears this. That is a great resource for people to use amazing people.

[00:03:46] That do their best to help. They said Hey do you have anybody that can take you. And I said No I really don't want to put the situation I was in I didn't really want

anybody to see me because I was I was about as disheveled as I've ever been disheveled. And so I. Got to the hospital I had a friend who has a mom who works in the mental health area in our town. And so they message me a couple of times after I said I was go and got to the hospital. Ended up in inpatient at the psych ward. For seven days in Memphis. And that job.

[00:04:33] I mean in two months. I could never do that again. I couldn't. Seeing the limited amount of funds that they receive. The easiest way to put it is I paid like eight hundred and fifty dollars a month for a one bedroom apartment where I lived which is about average not bad. It was a really nice apartment. I could have gotten one cheaper for probably out 700. They were only given out about 450. So I mean we were moving guys in to places that I. Wasn't sleeping. And I'm a. I'm an ex paratrooper I'll sleep pretty much anywhere but I'm not sleeping. In a shithole if I don't have to. And watching these guys getting put in shitholes.

[00:05:16] Couldn't do it. The seeing landlords agree and the big thing that happened is I had a landlord agree to something. On like Thursday Friday. They basically were backing out but we had already moved the person in and the whole. We can you know it started. Friday late Friday night and by Saturday I just.

[00:05:36] I couldn't do it. I do not deal well with humans that do not follow through on their end of bargains. You know if you you say show up at 7:00 I'm here at six fifty. Two I am. Five shown up and you guys don't show up till 720 I'm probably not staying because they're not obviously engaged in what.

[00:05:57] We're doing.

[00:06:07] My name's Robbie.

[00:06:09] Diagnosis is if you go by the most recent would be PTSD major depressive disorder and then generalized anxiety anxiety disorder.

[00:06:24] That's the most current but I've been through the whole bipolar. Maybe you're this maybe you that but right now that's kind of settlement. Those three.

[00:06:45] So growing up never had a lot of issues when it comes to mental health.

[00:06:54] Here and there maybe some anxiety issues. But join the Army after delving into you know college and just working and venturing into the darker side of things. You know did some drugs stuff like that then found out that I wasn't where I want to go so I did decide to join the army.

[00:07:16] I joined was in for.

[00:07:20] Two years before to pull it no.

[00:07:23] About a year and a half before we deployed went to Afghanistan. Afghanistan was great. Spent the whole time on the road. Or most of it as a mechanic. My job was to ride along with the infantry platoons and fix their stuff on the road. So that's what I did. Came back from that and started having some.

[00:07:47] Well at the time I didn't know what it was. I just drank a lot and whatever was going on one way.

[00:07:54] So I just continued drinking. I met my soon to be wife then found out we were getting shipped to Iraq and basically got home from Afghanistan knowing we're leaving for Iraq.

[00:08:06] I met her. Leave for Iraq.

[00:08:10] About like eleven and a half months. Twelve months later. My first one was about twelve and a half months. This one was supposed to be 15. So we.

[00:08:23] Left. This one was a lot different. It was boring. The first one was on the road. Constant stuff.

[00:08:37] That's when I started realizing that something wasn't right. My brain because I had all this free time. You know I worked in an office. I wasn't on the road. So as his free time started to develop I started develop more and more anxiety issues dealing with other people frustrations. Quick to snap which isn't me. I'm real really laid back guy. Even for a military guy.

[00:09:04] I'm pretty chill and.

[00:09:08] It was getting bad but we came back during the time I was in Iraq.

[00:09:13] Long story short we were about to lose our housing and single guys pay which like nine hundred dollars a month which I was using to pay. For my at the time fiancée's house with her two boys so we just said screw it. We got married on the over the phone. She had to fly to of all places Denver Colorado. And go and do it over the phone and my brother's best friend was here and he signed my marriage certificate. So I come home I'm married.

[00:09:46] I think it was less than 24 hours before I was drinking again and it just got worse and worse and worse. So over the next six months it did got to the point where suicide is where I was at. And so October is like October 22nd October 22nd 20.

[00:10:07] Well I sat on my trampoline my my daughter was six months old at the time put her in bed went outside of the Trampoline racked my forty five. How was it done. I couldn't. I didn't. And unfortunately I wasn't thinking of anyone at the time except for myself because had I been able to think of anyone else I would have not done that sitting there and there is only one person I knew I had to call. And I just called my mom or she called me the night kind of a blur. I was pretty drunk. Basically she talked me out of it talked me into talking to my wife at the time and then getting my command. And by about nine o'clock the following morning my command was about three hours away and they were on their way to see me. And that started my first hospitalization.

[00:11:06] I did have a little bit of substance abuse with it. Nobody knows this literally. Nobody knows this at the last like by six months in the army. They were loading me up with opioids for my legs and I wasn't the best at taking them the proper way. A lot of that had to do with the fact that I showed up for formation at like 7:00 in the morning and that was the last thing I did for them until 4:00 in the afternoon. It was my job to fill the rest of the day. They were paying me.

[00:11:39] Sixty five thousand dollars a year to do that for a year and a half. But the detoxing myself in the shower. That's pretty pretty low point for me. I literally detox myself over a weekend after abuse and wanting to stop.

[00:11:58] I was in the shower with the heat on and then I'd get cold to turn the heat on in the shower and then you get hot so you turn on the cold and it was just this vicious cycle for about 72 hours I'm sure probably super unhealthy to do it by myself. But you can't really an army when you're just. I was like 30 days away from retirement.

[00:12:15] You can't come in and say I'm a drug addict. I need help. So I figured I just. You know.

[00:12:30] That was pretty rock bottom because my daughter had been living with me for about four months and so she went back to live with her mom after that because when I left there I lost my house to the lot. I quit my job went to file for unemployment. They said no. First of all you quit. Second of all. Some thing about I can't remember what it was. It's one of those government things where they send you a list of things and you're just so overwhelmed that I wasn't there. I mean I was already overwhelmed with everything else. I was like Screw this. So when I didn't get seventeen hundred dollars a month or whatever. I basically went to my landlords who luckily were family friends of mine. Basically my aunt and uncle in Mississippi three friends and I just said I'm not gonna have the money to pay you.

[00:13:24] I dunno what you want me to do.

[00:13:27] I'm more than happy to leave you know a good portion of my stuff in the house. You guys can have it and we can call it even. And they're like it sounds good to us. Super friendly man they know they've been through a lot of this with me for the last four years. And while I'd been in inpatient I'd call my buddy lives here and Dan Burton said remember that offer for me to come out and stay with you.

[00:13:52] You keep on bugging me about for the last two years because he moved you two years ago. Yeah. I'm gonna need a minute to take you up on that.

[00:14:00] Because I mean in Mississippi I just didn't have a place that I felt comfortable going. Yeah everybody is married with kids. Didn't want to put myself in that situation. The couple out here don't have kids and I'm really good friends with both of them but so yeah that's rock bottom.

[00:14:24] I mean right before my knee surgery I had a rock bottom right after my knee surgery.

[00:14:30] I tried to find a bottle of pills and eat that but that was more pain than mental health stuff. That was the physical. My knee.

[00:14:41] It just seems like every time it's something else. I've had the pleasure of having this care.

[00:15:02] In five states now and I'll tell you that the less progressive the state the more you have to fight to get any type of new care. Mississippi was still even as the V.A. is still kind of behind the times and things. Let's use a great example. Marijuana. Yes it's not

great for everyone. I completely agree with that. I don't think you should be smoking it till after you're 25.

[00:15:32] I made the mistake of doing that before but I think if you wait till you're 25 and your brain cells are good I think you're free free to take. But the.

[00:15:46] It has been such a blessing for me when the V.A. decides one minute they can give me Ben's O's the next minute they can't. The next minute they can the next minute they can't. Well you know what. I got one thing that'll work and yes it works for me. It doesn't work for everybody. Yes some people go crazy on it can lead to psychotic episodes. I understand that. But if you're careful with it and you do your due diligence with it and speak to those that know what they're doing there's there's a lot there. But in Mississippi I had a doctor who said that my stomach issues were caused by marijuana.

[00:16:23] Even though my stomach issues started in 2009 things like what were you smoking back then sir. I was in the United States Army. First of all they piss test all the time and second of all I'm not going to lose my career. That's an absolute no win situation for me. I'll drink alcohol.

[00:16:43] I will drink drink drink drink drink but there's just no end here when I get here I tell people I smoke at the Denver V.A. and it's like OK well what are you using. OK. Now is it helping. Okay. It's helping. Okay cool and keep doing it. And in Mississippi it was well we think marijuana is hindering and I think you realize that if with all these medications you guys take me off take me on all this stuff. The one thing that remains constant and always helps is marijuana. And it's and I found some strange that don't help. They raise my anxiety. I'm not going to lie that it not all of it helps. But once you find the stuff that works. It's just like any other medication you do you'll let me take all these prescription medications that are costing the V.A.. Today we found out I've been on 17 medications in the past five years 17 different mental health medications. You've got a missing miscommunication to the doctors that have been there a long time and saying to them you all you need to catch up with the times or you need to go because I guarantee you if some of these doctors will say we're still doing some of the things in a regular hospital they'd be asked to leave and I'm not saying I know doctors well enough to be saying hey you should be doing this to me.

[00:18:02] But I'm sure a guy who's been doing the same thing for 70 years and is still a doctor the V.A. probably should catch up to the times I've had a couple of them that I just go No I need a new doctor you and I are not going to get along at all.

[00:18:17] I've been on 17 different drugs and I'm. And so today my doctor and I in the past she's mentioned this uh it's called Team mess. It's therapeutic magnetic stimulation.

[00:18:30] So think electrical shock without the but this is hangover. Like you can drive home afterwards.

[00:18:40] She's like well I'm going to have to you this thing I'm going to have to have you apply to it.

[00:18:45] I've been on 17 different mental health medications in the past five years. I'm pretty sure that should guarantee me to get in. Well you know it's a new program.

[00:18:56] It's it's just it's this whole thing I'm working on it right now. Hopefully she's got it. She's bringing it to the board. I've had a five minute description of it. I haven't done a lot of investigation into it. But it's basically large magnets that they place on certain parts of your brain.

[00:19:14] And I don't know what it does. But from what she told me it has given some proven results. And one thing I do know about the V.A. and this might not have always been that way maybe it's not for other people but they seem to.

[00:19:31] Occasionally bring in some stuff from the outside world that helps. I mean I did acupuncture through the V.A. I did yoga through the V.A. and cycling through the V.A. I've done a lot of things you know that aren't necessarily medical treatments that you wouldn't think the V.A. would have it. You know I'm having trouble working now so I'm blind to it work therapy program or you get paid to work and find you a new career and stuff like that. So. I mean there's there's a lot of new stuff out there. It's the matter of getting the older docs because my younger Doc now I mean she's she can't be older than 28 or 29. She's definitely younger than I am. I mean I'm 40 in two weeks.

[00:20:13] She's definitely younger than me but I mean when I said I was open she was surprised because I think most guys aren't.

[00:20:20] But after 17 medications what other choices do I don't want to be on benzo as my whole life. That's an absolute no brainer for me. I mean I don't even take opiates anymore because of my past history.

[00:20:37] I don't know. I don't want to be doing that my whole life.

[00:20:52] I mean I've done hypnotherapy. I have.

[00:20:55] I've literally done everything. Cognitive behavioral. What's the other one. Cognitive Behavioral Therapy CBT CBT cognitive processing therapy. I've done exposure therapy I've done MDR. I've done some of that. I hate it. I don't know which you refer to it. It's more Eastern.

[00:21:19] Don't I explain it.

[00:21:22] The guy was more into the Buddha.

[00:21:24] I don't know how you referred to that without being rude to anybody. Uh did the whole John Cabot in mindfulness course which was my suggestion for anybody it does help lower my anxiety if I catch it in the right time and it does help prevent if I do it before events usually. So a big into the meditation but uh yeah I've kind of just done it all like I don't like I said when I went into that doctor and she's like you won't try this. You're just like what what. You don't know what it is. Okay I'm at the point where I don't care. I mean they're they want to draw my blood send my genes off to see what kind of medication might possibly work. Because that's where we're at. We're at the we're at the end of the tunnel and it's still a brick wall. So we're going to try to knock that brick home down somehow.

[00:22:22] And that's another French writing thing because you go to a new doctor and they're like well you try this. Yes you try this you get and then it takes them two weeks of

looking at your records to believe you and you. She's like yeah you really pretty much have been on everything.

[00:22:45] I started getting help him about 2010.

[00:22:48] That's when I started noticing a problem. When did I start working on it. Mm hmm mm hmm.

[00:22:58] I tried to start working on it right away.

[00:23:04] So that not October where I went into mental health I mean it was in there for forty five days and within a week I was drinking after that. Well two months later I had my knee surgery I'm done I want to take a bottle of pills. So where do I end up back in the 30 days. That one went a lot better came out a lot. It was more focus on the PTSD and some major issues. And I didn't drink. I actually stayed sober and pretty much for about two years drank for like a month. When I got to Mississippi and then stopped again until last October. Honestly I think I started 100 percent dealing with my mental health on December 17th of last year. It's five months ago before that. I always put other people first. Always. I mean the minute I retired it probably wasn't a great idea to move straight to Mississippi and get a job and jump right into the civilian life like I remembered it before. It. There's probably better options out there at the time but being close to my daughter was the only thing I could think of because that's important to me more than anything.

[00:24:23] Like literally more than anything was. I didn't have a job. I visited there twice. I did not like the area. I do not like the South. No offense to the southerners. I love the people I love the food.

[00:24:35] The weather can go fuck itself and I don't build tornadoes. I know. Nope nope nope. So I mean there's bugs that are like the size your hand and spiders that like chase you and shit. No no. It's like Australia of America. So. Yeah. Sorry. But yeah. I really think.

[00:25:03] That the actual dealing with it was when I sat down with my ex-wife and her husband and said as much as I want to be here for my daughter I don't want to be here as an alcoholic falling apart.

[00:25:14] I'd rather go somewhere because I don't have anywhere to stay there.

[00:25:18] After I lost my house so it Denver was the place I sat them down. So what I was gonna do I trust them more than I trust anybody in my life with my daughter. And you know we kind of work some stuff out on money and stuff like that and they were amazing and I think that gave me the confidence to really focus on me go somewhere that I wasn't picking up my daughter four times a week and focusing on where does she need to be whereas you know how she feeling as shitty as that sounds.

[00:25:50] And people I hope they understand. That was the hardest decision I've ever made in my life. There's never been I. Joining the army. Not that hard. Getting married. Not that hard. Deciding to have a child. Not that hard. Leaving your child fucking hard. Hardest. I mean I left my parents crying to go to Iraq. I left my ex-wife crying to go overseas it didn't bother me having to make that decision just having to make that decision knowing that decision was there makes you feel shitty because you feel like you're failing that you have to make that decision. But now that I'm here it's no easier. But thank God for

Apple. I never thought I'd say that but they make a great product in their face time and I got to talk to my daughter all the time. But you know it's still hard. But now I.

[00:26:46] I mean.

[00:26:49] Now I have the time. I'm unemployed. I'm I'm unemployed because I can't work. I mean it's.

[00:26:59] It takes enough medication and a couple of joints to just get over something like this let alone something where someone's gonna be yelling at me and me. Here we're just hanging out. So it's a lot different than other situations. Um but now the time to try other therapies. I don't have that time before. I mean I was working 50 hours 40 50 hours a week since I left the army. So now I have the time and the ability to focus on me and see where that takes it.

[00:27:39] In all of this in like my mental health area yes I've made I've made wrong decisions. I've listened to doctors when I know I shouldn't have listened to doctors. I've changed medications when I know I shouldn't have changed medications. There's a lot of stuff that I've messed up I've.

[00:28:00] There was a good period where I actually lost so much trust in the V.A. that I left the V.A. and wasn't getting treatment.

[00:28:09] Then I went in and started paying for treatment.

[00:28:13] Even though it was free outside. I used my insurance and was paying about a hundred dollars a visit. I was pretty happy with that until they decided to call me bipolar and put me on lithium. I'd been on lithium in the past. But I mean any type of lithium depakote any of those that I've been on. I can't I can't I'm not me and you give me benzo. I'm on a benzo right now. I'm fine but you put me on those I can't think my brain just doesn't. Connect. I can't do school I can't compute at work. It's just a bad area. But yeah I've made I've made poor decisions. I mean started drinking again last year absolute stupid decision. I know what that does. But. I mean and now as I told you in the email it doesn't bother me because I've made the decision this time that I'm not going to drink. I'm just not. I see where it put me last year and I hope I can remember that. But you don't always remember when it comes to those like that depth of despair bottom. You don't always focus on the things that. Put you there. I'd say watch your buddies closer. I've had eight friends who killed themselves in the last about seven years.

[00:29:48] I.

[00:29:55] What else.

[00:29:59] I mean I think if I could have put the bottle down. Probably would have been the biggest um the other thing was to quit worrying so much about what other people think and get help when you need it.

[00:30:17] Because I mean I delayed getting help. I mean I should have gotten help when I got back from Afghanistan. But I mean literally you're getting off the plane and they're like hey don't forget you guys have your physicals and everything tomorrow. Make sure you watch out what you say.

[00:30:31] And that's the.

[00:30:33] That's the nonchalant way of telling you Be careful what you say because what you say gets recorded and what gets recorded is what gets in your file what gets in your files what gets you kicked out of the army.

[00:30:45] Take care of you. Take care of you and your family. That's it. That's the only thing you have to do if that means you need to get a job get a job that I needed. You need to file for V.A. benefits. You know you. I mean but really when it comes down to it getting out there is so many things you could tell people.

[00:31:10] Ninety nine percent you won't be prepared.

[00:31:13] Ninety nine percent of you have gone to all of these army classes and not paid attention. Document document document all your ails before you get out. And then go to the V.A. when you're done. And don't stop going to the V.A. until you. Every single thing either fixed.

[00:31:31] Or whatever.

[00:31:33] I have a buddy now who's been found out five years and he absolutely qualifies for probably close to 100 percent. It's thirty five hundred dollars a month and he's too afraid to go to the V.A..

[00:31:45] He just doesn't want that stigma. You know what I mean. And if I could tell everybody I guess that would be the one thing fuck the stigma. That that's my one thing. Fuck it. Fuck it what everybody else thinks. Fuck what they say. I mean it's just like it. It's just like coming on here today for me. There there's God I'm going to tell my friends. Listen here. Here's what I was on. Here's the podcast and listen to it because at this point I don't care. And if you get to that point that you don't care. What people think it's a lot easier to go to those appointments and not feel weird if that makes sense because I'll be honest my first few V.A. appointments. You're sitting in there and you're looking round your life.

[00:32:40] Well maybe I shouldn't be in here. You know you're in there with guys that are missing legs and you know I mean and you get into some situations and.

[00:32:50] But yeah you just don't minimize what you've been through.

[00:32:55] Um.

[00:32:57] And documented I minimized mine just because I've never been shot at by a rifle. I've been shot at by rockets. You know I've had situations where I didn't know we were gonna have to shoot people. Luckily I never had a fire my rifle. You know I don't claim that that's where my PTSD comes from.

[00:33:14] I mean I want comes from the fact that I feel like I didn't do as much over there as I probably could have. That makes sense. But also you know the changes in who I am as a person is a big factor.

[00:33:39] I've told my story to pretty much every friend that I've encountered to try to just let people know. They understand how I react and that some of the things I do aren't on purpose. You know I might act real short with you. It has nothing to do with you or anything

else. I sometimes act out and it's. It's terrible. So first of all I think it's great to sit down with the person and let them tell you what they need.

[00:34:11] And. It's not so much.

[00:34:19] It's not so much of what you need because for me no one can give me what I need.

[00:34:26] That makes sense. I'm in a position where.

[00:34:30] There's there's really nothing another human can do that's not involved in the medical field or something of that sort.

[00:34:37] But what you can do is you can just be their friend. I mean that's that's where I'm lacking the most I feel is in solid connections with people because I don't take shit. You lie to me. We're done. There's I don't I don't this I've Luli realized this life is way too frickin short to allow people into my life to do stuff like that. That's. That's another side effect of PTSD that I used to be.

[00:35:08] I'll do anything for anyone. I'll still do anything for anyone unless you fucking me over and then I'm done. It used to be that I would just continue to get screwed over every time over time. Now it's no. You need to go. I'm. I'm not gonna do this anymore. Yeah. Offer your help. Offer your services. I deal with some guys right now. They have some issues that are friends of mine and one of the things that I've found that teen tends to work out is uh just like the text I got from my best friend this morning who's in Jackson Mississippi and he said just thinking about you mean.

[00:35:46] You know on that.

[00:35:48] That's just that's it. And it doesn't happen. And it's not all the time. Don't do it every day that gets old. I've had people that are like really pushy about it. Someone says hey you know what. I don't think I really need help right now. That means that they're probably good but that doesn't mean to leave them out there to just tread water alone you know.

[00:36:12] To just be friends. That's I mean that the people that have saved me. Um. Over the last six months.

[00:36:22] I mean there are people that will hold. Dearly.

[00:36:28] Because you're reminding me that I'm not by myself. Because that's the worst part is when you feel like you're at the end. And I'll tell you every time that I've been at that edge for suicidal it's because I feel I don't have many friends.

[00:36:45] I really like the last little bit about what other people can do. It doesn't even have to be for that one person.

[00:36:57] It could be for.

[00:37:00] As an organization so I do. I got involved the Mississippi with a 22 mile rock March 22 veterans a day eight thousand year commit suicide. That's more like 18 19 now but we no one really knows for sure. So we just stick with the 22. So we do 22 mile rock

March. Just to raise awareness. And I have a young lady that comes out to every year who puts in her best effort and never finishes. But you know what. Fuck that.

[00:37:34] The fact that she's comes out and goes left right left right left right left right left right left right for as many miles as she can until her body stops only because she wants to show me support. That's what you can do. Go and get involved if you have a friend that has PTSD issues and get involved in a PTSD program volunteering. And then when you run into him. Hey man how you doing. Where you been. Oh well now volunteering at this PTSD thing you know kind of understand what's going on. And right now I'm starting to understand more. You know when people do that rather than coming and making me stole my whole story again. Or read a book.

[00:38:13] There's lots of them. They make paper ones to.

[00:38:22] For more information and to donate please visit. You don't fight alone. Dot org. You don't fight alone is sponsored in part by mentally chill. An improv team talking about mental illness and how it's so hard but no one likes to bother anyone about it. Be prepared to be bothered. Find them on Facebook dot com slash mentally chill improv Instagram at mentally chill improv and at Voodoo comedy. Beginning this September. You don't fight alone podcast is a production of you don't fight alone Inc. Produced and engineered by James Fisher and Keaton like them.

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