

a ~~felt~~ dream or in a game.  
I just shut down and I was so  
detached. Not like on Sunday  
on the Philly trip. Just... I ~~had~~  
turned completely off. I almost  
even jumped off the train  
tracks but I kept thinking of  
my mom. ~~or~~ so I went home  
by Uber and I felt like I wasn't  
real. ~~and I was~~ or nothing  
was real. So my mom took  
me to the emergency room  
and when the nurse came  
up to me I was scared because  
I didn't know where I was and  
I bursted into tears. So then I  
got admitted to the psych  
ward. I ~~was~~ stayed for 2 nights and ~~came~~ today.

a ~~very~~ mental breakdown. Yup.  
At the park, I ~~had~~ had negative  
thought patterns and kept saying  
words over and over again  
when I talked to ~~my~~ ~~over~~  
the phone. ~~I think I also had a~~  
manic episode because I ~~felt~~  
[redacted] my  
feelings. I guess I ~~exploded~~ because  
everything I ever ~~experienced~~  
kept crashing down. ~~I don't~~  
I think things got worse and  
I haven't been doing okay since  
[redacted] when my cousin  
[redacted] would be nervous  
[redacted] things just  
worse and  
took a ~~down~~ hill. One thing  
went down hill. One thing  
after another. I guess it all piled  
up and I finally exploded. ~~damn~~

	ANBAR, FABIHA	EMER	ADM. DATE
MRN#	ACCT#		07/20/2021
00806281	502586661	DOB: 05/18/1999	F

I volunteered... stayed because  
I felt like I was coming close to  
actually ending my life. I've  
had ideations before, but this  
was something else. So yeah.  
It all just built up and I had