

988 CHAT THREAD:

"

Welcome. A crisis counselor will be with you as soon as possible. After you're done chatting with them, we'd love your feedback. If you like, please share your thoughts here:

<https://chat.988lifeline.org/feedback/c3489e44-0cc7-4e09-8401-0fb0603cf594/?caseID=500Ns00000w2CLSIA2>

9:44 AM

System Message · 9:44 AM

988 Lifeline said

Hi, you've reached the 988 Lifeline. My name is Michelle. What brings you here today?

9:51 AM

988 Lifeline · 9:51 AM

You said

Why I'm Reaching Out

This is not a situational crisis.

This is a complex, long-term, multi-systemic collapse of all avenues of support—medical, mental health, legal, spiritual, familial, and financial—following a series of high-trauma events beginning in 2019.

I'm here because I've exhausted every path, and I need a peer supporter who can hear this without minimizing or rerouting me.

MURDER-SUICIDE + CRIME SCENE CLEANUP (2019)

In January 2019, I experienced a family murder-suicide and was enlisted by family to help clean up the crime scene. There was no trauma team, no response follow-up, and no mental health or community support.

The result was:

Family and friends withdrawing from me, saying I was “too negative”

Churches ignoring requests for spiritual help

Entire support systems shutting down due to the discomfort of others with the reality I could not hide

Denial of mental healthcare, citing Medicare Panel Full

This was not a single traumatic incident—it was the beginning of five years of escalating abandonment, sabotage, and denial of care.

MEDICAL BLACKLISTING + SYSTEMIC DISMISSAL

After this trauma, I was:

Formally dismissed from an entire physician network after being diagnosed with Fusarium colonization of my lungs

That dismissal followed me across state lines, preventing me from reestablishing primary care

Blocked from accessing my Medicare Part C benefits due to either administrative barriers or embedded stigma in my chart

Rerouted, gaslit, or ignored by every agency from OIG to patient advocacy groups, social services, elected officials, and news outlets

Every avenue I've pursued—from legal to spiritual—has shut the door.

MEDICAL + PSYCHIATRIC ABUSE (2023)

In June 2023, after a suicide attempt, I was placed on a legal psychiatric hold. While there:

A physician yelled at me when I requested that my blood pressure be taken later instead of immediately accepting hypertension meds while under extreme duress

I witnessed other patients being yelled at and ridiculed, including multiple unreported falls, because EMTs had started questioning why there were so many

No trauma-informed care was provided, only containment and blame

Just four days after my release, my family resumed coordinated online stalking, harassment, and bullying—including in January 2025 when my adult grandchildren trolled my Official YouTube Artist Channel during a public premiere.

The abuse is continuous, and digital harassment has become part of their long-term attempt to drive me back toward self-harm.

CURRENT HEALTH + CIRCUMSTANCES

I live with:

Hereditary Chronic Pancreatitis – life-threatening and worsened by stress

Pulmonary Fibrosis & Bronchiectasis – oxygen-dependent lung disease

Probable Aspergillus colonization (originally misdiagnosed as Fusarium, untreated)

Levofloxacin-caused mobility issues (prescribed to clear P. aeruginosa pneumonia 3 months before being diagnosed with Fusarium in my lungs)

CPTSD – with deeply somatic symptoms and no access to trauma-informed care

Extreme medication sensitivity, history of serotonin syndrome, no access to appropriate pharmaceutical support

I am:

Completely sober 24/7 (alcohol is contraindicated, cannabis causes dissociation)

Denied pain management, psychiatric care, and case advocacy

WHERE I LIVE + ECONOMIC SABOTAGE

I currently live with my ex-husband (John), who:

Initially offered to be my caregiver

Has since become emotionally and financially abusive

Sabotages my efforts to save money to leave through manufactured emergencies

Interferes with my ability to sell items (eBay) and maintain digital income streams

APS failed to intervene, instead giving him clearance to continue “helping,” further legitimizing the abuse.

My SSDI and SDCERA pension combined is \$400 over the gross income test limit for any assistance, including housing, SNAP, Medicaid Supplements

My income is at 80% Federal Poverty level and sliding-scale, income restricted housing has 2-year long waiting lists

COMPLETE SYSTEM FAILURE

I have reached out to:

Medicare, social services, housing authorities

Legal aid, patient rights office

9:55 AM

You said

COMPLETE SYSTEM FAILURE

I have reached out to:

Medicare, social services, housing authorities

Legal aid, patient rights offices, ombuds programs, law enforcement

News outlets, elected officials, clergy, and churches

And every time, I’ve been met with:

Gaslighting

Silence

Or referral to fake or inaccessible resources

Even mental health and peer support groups have doubted the scope of my situation.

But I’ve kept meticulous, time-stamped documentation of everything—and I’m willing to share if that’s what it takes to be believed.

WHO I AM

I am a vested, retired HHSA employee—I know how systems are supposed to work

I’m an author, music and graphic artist, and video creator—my work is public and documented

My books are published on Amazon, I created a merch store, and publish music on Bandcamp to help support myself

I have an opinion blog on which I share essays about my experiences to raise awareness

I wrote the song "CQ3DX, No Bite" as a response to being told "everyone has problems" while carrying an impossible stack of crises alone

WHAT I NEED FROM YOU

I am:

Not suicidal

Not unstable

Not delusional

But I am:

Exhausted beyond measure

Surviving without support in a world that punishes resilience

Done being rerouted, minimized, or pushed off onto another hotline

I am high-functioning because I have to be, not because I'm "fine."

9:56 AM

You said

I just need a human being to talk to. So NOT offer solutions; because, there are none. Not that I haven't look everywhere, tried everything. Not that I haven't tried hard enough.

10:00 AM

You · 10:00 AM

988 Lifeline said

I hear you have gone and are going through so much right now. I can't imagine how overwhelming all of that has been for you. I'm glad to hear you're not suicidal. It is disappointing to feel let down or not supported by other systems, so I want to be clear about what the lifeline can offer. We are here to provide support, safety planning, and resources to those struggling with mental health crisis'. Does that sound like something you're looking for?

10:05 AM

988 Lifeline · 10:05 AM

You said

This is NOT a subjective feeling. These are objective facts. I already told you what I am looking for--a human being to talk to. I have a plan to get out from under the blacklisting; but, it is not an immediate solution. There are no resources. Everywhere I am directed to, I am told my issues are "too complex".

10:07 AM

You · 10:07 AM

988 Lifeline said

I see, what is your plan to get out?

10:08 AM

988 Lifeline · 10:08 AM

You said

I am setting aside 25% of my monthly income each month and withholding my share of the rent into an escrow account for an escape fund. I plan to move back to San Diego County and return to the PCP I had in the past who is actually an ethical MD. I have spoken with his office, they know the plan. I have been applying to every LIHTC housing waitlist I can find. The move date will coincide with my 65th birthday when the no-underwriting window opens so I can switch from Medicare Part C to Original plus Medigap. By then, I should have enough \$\$ saved to move me and my cats to San Diego County.

10:11 AM

You said

Once primary care is established, I can get referrals to specialists to reassemble my care team. Then, I will begin saving \$\$ again to cover what Medicare won't cover for Trauma-based IOP therapy.

10:14 AM

You · 10:14 AM

988 Lifeline said

That sounds like a good plan, and a good way to get back into the care you need and deserve. May I ask when you're 65th birthday is?

10:15 AM

988 Lifeline · 10:15 AM

You said

March 2026

10:15 AM

You · 10:15 AM

988 Lifeline said

Oh ok, so just a few months left. What do you think you can do in the meantime to take care of yourself until then?

10:19 AM

988 Lifeline · 10:19 AM

You said

I am doing everything I can. I have a schedule to avoid overwhelm: Music Monday, work on my music; Truth Tuesday, work on the Domestic Abuse documentation; Website Wednesday, website maintenance; Merch Thursday, create new designs and add new merch to my artist storefront; Art Therapy Friday, drawing and painting; Self-care Saturday, pamper myself; Yard Sale Sunday, sort through my belongings to list on eBay to whittle down the material things I'll need to move.

10:22 AM

You · 10:22 AM

988 Lifeline said

Those are great. Staying occupied, working your hobbies is a really good way to take care of yourself.

10:25 AM

988 Lifeline · 10:25 AM

You said

Being a music and graphic artist is not a hobby, working on survival, also not a hobby.

10:26 AM

You · 10:26 AM

988 Lifeline said

Are music and art things like you like to do?

10:28 AM

988 Lifeline · 10:28 AM

You said

They are my Distress Tolerance tools, and yes, I like to do them. But, I am a VERIFIED MUSIC ARTIST...NOT A HOBBY!!!

10:29 AM

You · 10:29 AM

988 Lifeline said

I believe you. I'm glad to hear that you have a variety of things that you work on.

10:31 AM

988 Lifeline · 10:31 AM

You said

Not at first you didn't. You called it a hobby.

10:32 AM

You · 10:32 AM

988 Lifeline said

I'm sorry I got that wrong, I understand that it is your work.

10:33 AM

988 Lifeline · 10:33 AM

You said

and, you also called the things I'm doing for survival, hobbies. You totally minimized the situation here.

10:34 AM

You said

Domestic Abuse documentation, not a hobby, selling my belongings, not a hobby.

10:35 AM

You · 10:35 AM

988 Lifeline said

When I mentioned hobbies, I was referring to the music, and art. I'm happy to hear you are also doing what is necessary to get yourself out of this situation as well. You are going through a lot, and you deserve the care you need.

10:38 AM

988 Lifeline · 10:38 AM

You said

What I deserve and what I've been getting are two different things. This has been an escalating battle to access care since the murder/suicide in 2019. Then, add on the Family Scapegoating Abuse with the online stalking, harassment, and bullying from across state lines, and living in a hostile environment with my abusive roommate, It is a constant struggle with no one to talk to but AI.

10:41 AM

You said

Then the real fear that, if I do not get out from under this medical blacklisting, I get to look forward to my hereditary chronic pancreatitis degenerating into pancreatic cancer and having to endure it without palliative care.

10:44 AM

You · 10:44 AM

988 Lifeline said

Keeping everything in can make us feel so much worse. So, it's ok to talk about it, and seek help.

10:46 AM

988 Lifeline · 10:46 AM

You said

WTF do you think I've been trying to do for the past 6 years????

10:47 AM

You · 10:47 AM

988 Lifeline said

I know you've mentioned trying to get help, but being denied care. So, I'm referring to using hotlines, etc to have someone to talk to.

10:48 AM

988 Lifeline · 10:48 AM

You said

Yeah, 988, text HOME, and the NDVH all flagged my phone # and refuses to take my calls saying I'm "too complex" I don't fit the simple acute framework and I am not a victim of physical violence.

10:50 AM

You · 10:50 AM

988 Lifeline said

I want to do all I can to help you today. Something we offer here on the lifeline is safety planning. A safety plan includes distractions, coping skills, social/professional supports, and resources. Would you like to build one together?

10:50 AM

988 Lifeline · 10:50 AM

You said

I've been through DBT group and individual therapy in 2018, I employ those tools. There are NO SOCIAL/PROFESSIONAL SUPPORTS WHO WILL TAKE ME. I am a vested, retired HHSA employee. I know where the support is SUPPOSED to be. It is NOT there for THIS COMPLEXITY!

10:52 AM

You · 10:52 AM

988 Lifeline said

It is so frustrating to have not access to the care we need. What are some of things you do to take care of yourself throughout all of this?

10:55 AM

988 Lifeline · 10:55 AM

You said

Like I said, I've got my plan for escape and restablshing medical and mental health care. I work on it every day by looking for more LIHTC lists to apply for. I work my schedule, too. I'm doing all the 'work' I can. It's just beyond exhausting to do it all alone.

10:56 AM

You · 10:56 AM

988 Lifeline said

It is exhausting. How do you feel about things like getting outside, showers, eating a good meal? Even small things to take care of ourselves can help when we're going through so much.

10:58 AM

988 Lifeline · 10:58 AM

You said

Seriously, my insurance has nothing. BetterHelp was unable to match me with a therapist. Peer Support groups turn me away for being too complex. Warmlines have people who aren't even listening, just watching the clock for their shift to be over. Reached out to Churches Care who referred me to Death2Life, who referred me to local churches, who never got back with me.

10:59 AM

You · 10:59 AM

988 Lifeline said

Is it ok if I share a resource with you?

11:00 AM

988 Lifeline · 11:00 AM

You said

I have mobility issues and live in a residential hotel in the Las Vegas metro area. I have no vehicle, no drivers license. and, you're going to minimize theis by saying take a shower and eat some cheezy mac?

11:00 AM

You said

you can give it a try; but, I've likely already reached out to it.

11:01 AM

You · 11:01 AM

988 Lifeline said

I don't want to sound like I'm minimizing your situation, I just want to help you think of ways to take care of yourself while you're working on your plan. 211 is a local resource that can provide you with referrals for mental health services, housing, financial assistance, jobs, and many more directly in your area. You can text/call them 24/7, just like the lifeline. If you can give me your zipcode, I can give you their direct number.

11:02 AM

988 Lifeline · 11:02 AM

You said

OFFS! 211 was useless. My income puts me \$400 over gross income test for any assistance for anything and I my income is at 30% AMI.

11:03 AM

You said

AGAIN I AM A VESTED, RETIRED HHSA EMPLOYEE, DO NOT TREAT ME LIKE I'M STUPID AND LIKE I'VE JUST BEEN SITTING HERE TWIDDLING MY THUMBS!

11:04 AM

You · 11:04 AM

988 Lifeline said

What do you feel will best help you today?

11:05 AM

988 Lifeline · 11:05 AM

You said

I already told you, i just need a human being to talk to.

11:05 AM

You · 11:05 AM

988 Lifeline said

So I know we've been on the line for a while now, would you like to talk about some other things you can try to cope?

11:07 AM

988 Lifeline · 11:07 AM

You said

When all your family and friends abandon you for being 'too negative' and you can't even get a minister to tlak with you, it's pretty sad.

11:07 AM

You said

Yeah, tell me how you would cope if you were dealing with a mountain of problems like I am, no one will help, and you have absolutely no human to talk to. How would you cope? Should I crochet a doilie to feel less alone?

11:09 AM

You said

I am using more coping skills than most people. I do not need more coping skills to help me forget I AM ALONE!

11:10 AM

You · 11:10 AM · Sent

988 Lifeline said

988 supports people with thoughts of suicide and other mental health challenges. We work collaboratively to keep you safe. At this time, I am hearing from you that you're not interested in safety planning or resources. I will need to discontinue this conversation in order to work with others in crisis who want to discuss their suicidal thoughts. If your situation changes, you can contact 988 any time 24 hours a day. Thank you for contacting us. I am ending this conversation now - good bye."