

August 12, 2021, 5:50 PM

Re: Psychiatry and stuff

From: Belle de Jong <belledejong99@gmail.com>

To: nicho.grech@gmail.com



Hi Nicholas,

Thanks for your reply. I explained the situation in my blog post, where it says you didn't kill the cats. I also wrote you were described as schizophrenic, because as far as I know that was the diagnosis back then - and the reason you were sent to Mount Carmel rather than hospital.

I'm getting in touch with you because I see the injustice being done to you, and I'm interested in investigating these issues. I'm quite familiar with Malta's way of operating and can imagine the position you're currently in feels hopeless.

And to answer you: I haven't befriended many psychiatrists here, I merely saw one during my stay in Mount Carmel and once after I was discharged. I'm not a fan of psychiatry myself, but I trusted back then that it was the most efficient way of getting out of my psychotic episode. For me, it worked.

Look, I'm willing to have a look at your side of the story and see if there's anything I can do. We don't have to agree on whether mental illness is real or not. However, if you don't trust me or my views, I understand that too.

All the best,

Belle

On Thu, 12 Aug 2021 at 17:08, <nicho.grech@gmail.com> wrote:

Hi Belle,

If you want to have the slightest credibility, try not to confirm yourself once again the big liar you are by at least checking facts beforehand. For you called me a "cat killer" when Magistrate C.Peralta himself in his court sentence (you can find it online, in Maltese, maybe ref no. 291/2014) stated that I used to find the animals already dead and utilized them that way to send a message. And how about you diagnosed me as schizophrenic - have you any scientific evidence to back it like brain scan, etc.? You must have for sure befriended many psychiatrists during your stay in Malta. Good luck to you.

Nicholas Grech

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Sent from myMail for Android

Wednesday, 11 August 2021, 06:12PM +02:00 from Belle de Jong belledejong99@gmail.com:

Hello Nicholas,

My name is Belle de Jong, I'm the freelance writer that has penned about her mental health in some newspapers. Someone told me you mentioned me on your website, so I had a look.

I'm intrigued by your story. Though I haven't managed to go through everything you've written yet, I'd like to hear your side of the story.

If you have any interest in being in touch at all, get back to me. I'm willing to listen non-judgementally.

I also wrote a [blog post](#) about your mention of me, I hope it doesn't offend you in any way.

Looking forward to hearing from you.

All the best,

Belle