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**From:** [REDACTED] <[REDACTED]>  
**Sent:** Tuesday, July 18, 2017 11:38 PM  
**To:** jeffrey E.  
**Subject:** Jeffrey I am so sorry to write to u....

But I need help. I need to talk to somebody. I really do. I dont want to be LIKE [REDACTED] jumping off The window. My number [REDACTED]. U dont have to call , its ok