

UNKNOWN: Hello, how are you?

UNKNOWN: How you doing?

HANDSJUK:

UNKNOWN: grief counsellor

ANTONY HAMPEL: your daughter - - -

HANDSJUK: I know.

ANTONY HAMPEL: - - - every breathing minute of my life,
I just

HANDSJUK: I know

ANTONY HAMPEL: we planned.

HANDSJUK: yeah, it's been

ANTONY HAMPEL: doing not so well together.

HANDSJUK: I know.

ANTONY HAMPEL: I told her I'd never ever give up on her. I said,
Even if, even if we couldn't have had children
because of her depression I said that would O.K.
She just didn't believe it.

HANDSJUK: I know. Oh my God.

ANTONY HAMPEL: Even the night before, you know, she was, she wanted
to see the tickets to Barcelona because she didn't
believe it was real. She didn't believe something
so good could happen to her. I brought them home to
show her.

HANDSJUK: It's just so, so unbelievable. I mean, she was
coming over the next day to help with - - -

ANTONY HAMPEL: I know.

HANDSJUK: - - - Nicky's birthday.

ANTONY HAMPEL: I know.

HANDSJUK: She'd organised to meet me at Tram. She was, you know

ANTONY HAMPEL: I know.

UNKNOWN:

ANTONY HAMPEL: the hardest thing is that she didn't want to die, she really didn't.

HANDSJUK: No.

UNKNOWN: the night before

ANTONY HAMPEL: It was just that monster was the alcohol, you know. She was coping with her depression, she really was. She was with the best doctors and the best therapist. Every day alcohol, she couldn't just brought out this monster and the monster won.

HANDSJUK: Oh gosh. When yeah, that would thank you. Thank you. Just weeks left and she's probably

ANTONY HAMPEL: I never want to I never want to so hard, and that was O.K. because I knew

HANDSJUK: Yeah.

ANTONY HAMPEL: But she didn't believe anyone loved her, and that was the illness, you know? She didn't believe that she was worthy of didn't want to burden her family anymore, and that's brain. The little things I know exactly what was going through her head, I know and it wasn't her, it wasn't your daughter.

HANDSJUK: I know that.

UNKNOWN:

HANDSJUK: Yeah.

ANTONY HAMPEL: you know, she's a sweet I thought she was it was such a cycle, you know, she'd just pick herself up again and try a new way but each time she woke up kept going. And I had no reason to worry that day. I knew the day before I came home, I think all the way and that night I gave her a bath, I made her dinner, I gave her her vitamins and I just knew the normal cycle if she didn't wake up, then she'd beat herself up and then she'd pick herself up again and off she'd go. But this time she woke up and started drinking again.

HANDSJUK: How, how do you know that was drinking?

ANTONY HAMPEL: When I got home and there was a little shrine on our bed, there was a photo of us and there was a photo of her cat and all her rambled notes. And there was a note she liked that she that didn't make a lot of sense and, but then when I walked into the, into the kitchen her bag was there, her keys were there, her wallet was there. She'd never ever ever ever leave the house without her bag, because that was her thing, she knew if she ever had to escape she had her bag.

HANDSJUK: I'm a bit like that with my bag.

ANTONY HAMPEL: And I knew something was wrong, and I just sat in

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and I thought, here I go, I'll just sweat it out and the waiting game starts again. And then I knew she was different because I that's how I knew, and there was, there was already, I could smell the, I thought it was like a soft drink but I smelt it and it had vodka in it. That's when I knew: I don't know whether she drunk all day or, I don't think so, I think the afternoon and

- - -

HANDSJUK: So when did you last see her peaceful?

ANTONY HAMPEL: She was in bed in the morning and didn't leave her side for two days, he was curled up in a ball, he knew something was wrong, he didn't move, did not move for two days. And in the morning she was just sleeping peacefully and that's why I didn't wake her, because I knew she'd be O.K. And

HANDSJUK: So was that before you went to work? Was that before?

ANTONY HAMPEL: Yeah. And I rang her all day on the landline, but not out of panic, just to say, Hey, you know, what are you doing? And - - -

HANDSJUK: And did she answer?

ANTONY HAMPEL: No. And her phone was broken for two days. She'd broken went out. I sent it off to get fixed.

HANDSJUK: Hello, George.

ANTONY HAMPEL: But I didn't have a reason a reason

..... I figured this was the routine, you know,
it was like she'd wake up and - - -

HANDSJUK: So that was, what time did you go to work?

ANTONY HAMPEL: Huh?

HANDSJUK: What time was it that you went to work that she was
sleeping?

ANTONY HAMPEL: About 9.00. The day before I came home mid morning
and I woke her up. Where did you? What have you
taken? She told me. And again, she was already in
recovery mode, she was I got home and she
was O.K, I mean, you know, she was all right, so I
made her dinner and a bath, and I thought, All
right, well, let's not worry about it now, and don't
apologise now, and let's just get you healthy and
then we'll work out another plan, you know, we'll
try something else. And she agreed. And the next
morning she was asleep, just sleeping peacefully but
she'd never ever get up again and start drinking
..... this time, I think, I think what's
happened is that, she said when she went out on the,
I don't even know what night it was, the Tuesday
when she wandered the streets all day and the
Tuesday night she finally got home and I said to her
on the Wednesday, you know, What did you drink?
Where did you go? What did you do? And I said, Did
you take any other drug? And she said, Ecstasy.
And I thought, You know, what's happened, if it was
just the alcohol she would've gotten up and

whatever, and think this time she'd woken up with nothing but the Ecstasy, she'd woken up so far down more. And I think that's what did it, I drinking.

HANDSJUK: Did she say who she, who she was with?

ANTONY HAMPEL: Oh, that fuckwit Bren or whatever his name is.

HANDSJUK: Did she say she was with Bren?

ANTONY HAMPEL: I knew she was with Bren on Monday night.

HANDSJUK: No, but did she say she was with Bren on Tuesday?

ANTONY HAMPEL: No. I've already told him what I think.

HANDSJUK: So we don't know who she was with on Tuesday?

ANTONY HAMPEL: She was with some drug dealer in South Melbourne.

I'm pretty sure that's what it was, because the Ecstasy would've sent her so much lower than she'd normally be, and she had no way to cope, you know how fragile she was. She was just so delicate, you know. And I rang and she couldn't pick up the phone, she knew I wasn't angry with her, and I said, Let's not worry about it now, let's not talk about what's happened, let's just get you healthy again. I said, Don't worry about your boss. He just said, Come back whenever you want, but just too much. I know I've only known her for 18 months but from what you've told me, I mean, she lived with this every minute of every day for God knows how many years, and you know, who could. I don't have any guilt. I don't have any blame. And I'm lucky like that, and I didn't find her, and I don't even

know what's happened. You know, I know I did everything. I know she tried to do everything. And she doesn't blame anybody. It's just this illness that no one understands.

HANDSJUK: So did she come back with a broken phone on Tuesday?

ANTONY HAMPEL: That's why she couldn't answer anyone's calls so I took it to work with me on Wednesday and dropped it off to get fixed.

HANDSJUK: Oh dear.

ANTONY HAMPEL: She had her other phone, her spare one and she lost it somewhere while she was out, so she had no contact, and I think that probably made her feel more lonely. But I rang the landline 10 times all day, she didn't want to answer. I think she was just sleeping?

HANDSJUK: Oh God. And so do you know who found her? I mean, there's so many things as a mother that I just don't understand. Who, do you know who found her?

ANTONY HAMPEL: settle down and I thought, You know, well, she'll turn up and, I just hoped that, because it just didn't make any sense. And even her keys, you know, like, I thought, she wouldn't leave the building but then I thought maybe she's so smashed she's she'll be back in an hour or two and usual mode of sitting on the couch wondering where she was and what she was doing, and knowing I couldn't do anything. I ordered some takeaway food and when the guy came to deliver it,

he knocked on my door and he said, Why are the police downstairs? And that's when I knew, straightaway I knew.

UNKNOWN: know what happened know
.....

HANDSJUK: I understand.

ANTONY HAMPEL: And the Coroner wants to see you. Of course, that's fine, but I don't ever want to hear from anybody ever ever ever ever, I want to remember her sleeping in peace, that's all. The Coroner did say that it wasn't violent, because that's all I want to know.

HANDSJUK: Yeah. Yeah.

ANTONY HAMPEL: So I don't know who found her. I know it was in the building somewhere.

UNKNOWN: a woman who, who works in the building, she rang the concierge

ANTONY HAMPEL: That's all I want to know. She was so peaceful when I left her. She had her little eye mask on. She was cuddled up to and I didn't wake her because the most important thing was to sleep. And that's all there is.

UNKNOWN: know that, that part of
because he doesn't know about her
..... I think from, when I found out from
..... later (MOBILE TELEPHONE
RINGING)

ANTONY HAMPEL: I just want to remember her for the beautiful girl she was.

UNKNOWN: I think it's but give you that information now

HANDSJUK: Well - - -

ANTONY HAMPEL: But I understand people who need to know. I think you need to know. I just don't want to, I just want to remember her lying in the bed with her eyes closed and she was at peace.

UNKNOWN:

ANTONY HAMPEL: But every night, every

UNKNOWN: she died peacefully

ANTONY HAMPEL: Every everything was, every day was a battle with and every day I know this has been happening for years, but in a weird way, you know, it's like the shock, you know. And all I know is that the Phoebe that we all knew she didn't do this. She didn't do this. And she certainly didn't do it to punish anyone. There's no other doctor, or there's, I mean, you know, in the 18 months I knew her we'd researched everything and we'd got her off all the bad medication. We got her away from the bad you know, we did everything. She did every minute she did everything. You know, this wasn't Phoebe blaming anyone or thinking we'd let her down, there was none of that, none of that, it was just this monster that none of us understand, it's all nobody gets it. You know, yesterday, the doctor said the

alcohol today would be illegal. You know
 didn't drink and had a bad day that's all
 it would be, it would be a bad day. She might take
 a day off work. She she said, I needed a
 cuddle on those days she was
 but I think all the work she did to get on top of
 that meant she'd have to escape sometimes. (MOBILE
 PHONE RINGING)

UNKNOWN: that Phoebe

ANTONY HAMPEL: She loved it.

UNKNOWN: Yeah, just finding ways of recognising what was
 happening and finding ways of

ANTONY HAMPEL: She loved it. And then she had to go, you know, and
 negotiate with the I said, You've got to
 do what's right for you, and if it works for you go
 and do it, you know, and she did it, she never
 missed a session, and always came out playing with
 downloaded notes off the Internet, all
 the books she was reading, everything about

UNKNOWN: And the notes that she left put notes up

ANTONY HAMPEL: Because she wanted to be

HANDSJUK: Yes, she had those when she lived with me, too. Her
 room was covered in them. And her drawings and her
 photographs and her poems, her She tried
 very hard.

UNKNOWN:

ANTONY HAMPEL: You know she was from from when she got home on Tuesday night she was, she slept like a baby and she ate well, and Wednesday night she was at peace. She really was. She woke up and it was, she had free drinks and that was it, she didn't - - -

HANDSJUK: Something went wrong

ANTONY HAMPEL: - - - she didn't, she didn't suffer that week.

HANDSJUK: But something - - -

ANTONY HAMPEL: She, I mean, she did, she went on a bender as usual.

HANDSJUK: Sorry, what was the free drinks? When did she have the free drinks?

ANTONY HAMPEL: On the, on the - - -

UNKNOWN: Monday night.

ANTONY HAMPEL: No, Thursday when I left for work, I just, never in the whole time did she ever wake up after going on one of her benders and then waking up and starting again, and that's what happened, she started again and she started with zero. And one of these guys had given her Ecstasy as well when she'd been out on the Tuesday night, so I think that she'd already started and then she kept drinking again, and, until, up until Wednesday night she was feeling again, you know, she'd gone on her bender, I'd text her. I said, It's O.K, come home, no one's judging you, let's just, you know, build up your strength and we'll find another way to tackle this. And even on Wednesday night we were counting down the days to Paris and, I bought the tickets home so she could

see them and believe it was really going to happen.
And this was not on her radar. This was not on her
radar

UNKNOWN: I think it wasn't so much the bender that
..... Wednesday night she was crying.

ANTONY HAMPEL: She was recovering.

UNKNOWN: and then she woke up in the morning and
left

ANTONY HAMPEL: Yeah. I know in my head

UNKNOWN:

ANTONY HAMPEL: Yeah, there's no questions, there's no what ifs.

UNKNOWN: No.

ANTONY HAMPEL: And if you do have any questions I can in
the last few weeks longer than anyone.

HANDSJUK: It's been a long time for you worrying.
I did speak with her a couple of times in the last
week. I spoke with her on Sunday night on Skype and
I, I spoke with her during the time that you
separated prior to this happening, when
she went to Mallacoota and when she was staying with
Len. I spoke with her then.

ANTONY HAMPEL: Yeah, that was after another bender. That was after
disappearing for another day.

UNKNOWN: separate

ANTONY HAMPEL: No, we didn't separate.

HANDSJUK: No, but she - - -

ANTONY HAMPEL: We never separated. She'd leave.

UNKNOWN: she went to Mallacoota.

ANTONY HAMPEL: She was never thrown out. We never, that was in her head because she'd go on these benders and tell us how she didn't deserve me, and I'm better off without her and I never threw her out, we never separated.

HANDSJUK: No, I know that she just told me that she'd packed her bags and she'd gone.

ANTONY HAMPEL: And that was, you know how that's what she did all her life, she packed her bag and ran away.

HANDSJUK: But from her, from her it was a separation. There's no anyway.

ANTONY HAMPEL: Yeah. But you know, we, we got, we had the dinner on the, whenever, I don't know the days that we went out for dinner and told her I was never gonna leave her, and run away each time

HANDSJUK: I know, it happened so many times that she, she left.

UNKNOWN:

HANDSJUK: Yeah.

UNKNOWN: When did the depression start, do you think? Was she realise

HANDSJUK: I don't know. She's gone up and down since she, probably since she was about 14.

ANTONY HAMPEL: And I think I I'm sure in my heart happiest 18 months of her life, you know, I really think she was - - -

UNKNOWN: yeah.

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ANTONY HAMPEL: - - - getting herself together and finding some structure and, you know, I got her away from that, that group of people that were so destructive for her and, she was in a good place, she really was.

HANDSJUK: Well, look there's nothing any of us can do now. It's all over. Have to hope that she finally found peace.

UNKNOWN: That's what I keep saying to if we can just all our thoughts to help her find peace.

HANDSJUK: I think she's - - -

ANTONY HAMPEL: That's all she wanted. That's all that she wanted her whole life.

HANDSJUK: Yeah.

ANTONY HAMPEL: She's got to think about herself now.

UNKNOWN:

ANTONY HAMPEL: I never kicked her out. I never threw her out.

HANDSJUK: I know

ANTONY HAMPEL: She just packed her bags wasn't worthy or wanted, and we nothing you can say or do to make any sense

HANDSJUK: I know Look, it's been very big and I should go and maybe I'll be in touch with you will you let us know about the, you know, whatever - - -

UNKNOWN:

ANTONY HAMPEL: What I'm

HANDSJUK: O.K. Well - - -

ANTONY HAMPEL: You're her mum...

HANDSJUK: Yes, I am. I was.

ANTONY HAMPEL: I'm sorry I'm so

HANDSJUK: Just don't worry I'll be in touch with
you.

UNKNOWN:

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