August 21, 2019

 ℅ Mind Freedom International

 454 Willamette, Suite 216

 PO Box 11284

 Eugene, OR 97440-3484

Ms. Megan Remark, CEO

Regions Hospital

640 Jackson St.

St. Paul, MN 55101

Dear Ms. Remark,

Please urgently investigate the treatment of one of your patients who is currently hospitalized at Region Psychiatric ward located at 640 Jackson St. in St. Paul.

Charles Helmer has been subject to twenty shock treatments, euphemistically known as ‘Electro-convulsive Treatment’ or ECT by employees of your hospital. This is against the objection of Charles and his mother and Guardian, Anne Fuller.

The United Nations, in its Convention on the Rights of People with Disabilities, (CRPD) as called on a worldwide ban on all forms of involuntary psychiatric treatment, including the use of shock, calling such ‘treatment’ a form of torture.

ECT is known o cause permanent brain damage. Dr. Peter Breggin, M.D., a well-known expert and psychiatric researcher, explains that ECT causes brain hemorrhages leading to permanent memory loss and cognitive impairment. You can view some his many books and articles on the subject on this website at [www.Breggin.com](http://www.Breggin.com)

It is disturbing that this psychiatric abuse is taking place at a medical training facility. A successful class action lawsuit by DK Law Firm was recently settled on behalf of hundreds of ECT survivors and is now opening a pathway for future ECT survivors to make claims against providers like Region for Iatrogenic Harm.

Please tell your employees to cease and desist for subject Charles Helmer to this extremely risky and harmful procedure that he and his Mother have objected to.

Sincerely,

cc: