



Stephen Cooke <stephencooke.c@gmail.com>

Fwd: Confidential: Where I Stand and Why

1 message

Stephen Cooke <stevecooke.c@gmail.com>
To: Stephen Cooke <stephencooke.c@gmail.com>

Sat, Jan 31, 2026 at 11:05 AM

----- Forwarded message -----

From: **Angela Cooke** <angela.cooke.c@gmail.com>
Date: Mon, Apr 7, 2025, 8:37 AM
Subject: Re: Confidential: Where I Stand and Why
To: Steve Cooke <stevecooke.c@gmail.com>, Angela Cooke <angelacooke.c@gmail.com>

Hi Stephen,

I'm very sorry to hear this happened to you. I hope you understand that from Canada our family had absolutely nothing to do with that. As evidenced by the fact I couldn't even speak to your doctor until you granted me permission the last day. Nor did I know your wearabouts, and was immediately concerned by your last message to me and lack of activity recorded on your Garmin for a few days when you were in the hospital.

When I did speak with your doctor she said that Heather had reported to the police that she was concerned about your wellbeing, due to a text you wrote her, and the police had tracked you down. Based on what your doctor told me, it was not at all her intent to keep you on Olanzapine. It is a temporary medication that was being used to sedate you because she thought you were stressed, and needed sleep. I was put on lorazapan which is an extremely strong and highly addictive anti-anxiety medication during my divorce. Your doctor explained to me that although Olanzapine is an anti-psychotic medication, she in NO way thought you were psychotic. It was being used to help you get a good rest and relax, and that it is a common medication used when people are admitted. It may also be helpful to know for your case, that the doctor advised me that they held you out of an abundance of caution. The doctor advised me that she read the text that you had sent and although it read with a 'goodbye tone", it did not read as a suicide note. In my chat with her she told me you were well-adjusted, respectful, and the staff liked you. You could probably ask her to make a statement about it. She also suspected that your ADD meds had interacted with you eye vitamin and mentioned that these interactions can be quite common.

Concerning the boys. I respect your decision of removing yourself temporarily from the disgusting toxic environment that Heather created. You are right. **YOUR** life is **SO MUCH MORE VALUABLE** than that awful environment she had created! I am relieved to know that you see this clearly! The world is yours; each day is a gift when our actions are chosen correctly. You have been through the ringer, and her actions have been nothing short of disgraceful for a mother, a wife, a doctor, and a women of God. I am extremely sorry that you have gone through all of this, and I love you very much. I am proud of how

hard you have fought for truth and fairness in all of this, and from a place of love and what is best for the boys.

However, please continue your fight for the boys. I really beg you. They are innocent war prisoners in all of this. She is a very cruel women and I cannot help the boys from Canada. Please don't leave them to her care 24-7. Unfortunately someone who has hurt **you** like that, knows no bounds. She will break their spirit. Those boys need someone like you to help guide them to find happiness despite having her as a mother. If it's for a visit once a month, once a week, whatever it is, they **NEED** you to be the light at the end of the tunnel.

Please let me know if we can help with the finances, or when I can come visit. I've never been to Thailand. It looks like beautiful place from the photos online. Also, if you can, I would recommend trying to pay your rent in Australia. That way you have somewhere to go back to. It would be horrible to be evicted due to a bank hold, and lose the boys childhood treasured toys. That work really hurt them. Remember instead of monthly payment you could do weekly online email transfers to your landlord. I don't think your landlord would care as long as the rent is current, but I know you know all of this.

Whenever you are ready, we are waiting to hear from you. Mom, Dad, David and me.

Love you, Stephen. Chat soon.

Angela.

From: Steve Cooke <stevecooke.c@gmail.com>
Sent: Tuesday, April 1, 2025 11:27:32 PM
To: Angela Cooke <angelacooke.c@gmail.com>
Subject: Confidential: Where I Stand and Why

Dear Angela,

I hope this message finds you well. I'm writing this to share some important developments in my life — not to escalate anything, but because I believe honesty is the only path toward peace.

I am now in Thailand. As you know, earlier this month I was **unlawfully detained and illegally committed** under the Mental Health Act while still in Australia. My prescribed ADHD medication — which I have used responsibly — was removed from me, and I was forcibly medicated with **Olanzapine**, a powerful antipsychotic that I neither needed nor consented to. If I remain in Australia, I am forced to continue taking it — and **that is not an option I will accept, because of what it truly encompasses.**

It needs to be said that you have no idea what it is to be **strapped down against your will for over three hours** in a distressing ambulance ride, for no other reason than

running out of petrol. If you or anyone cannot reconcile my decisions, then respectfully — please do not disturb.

Please understand, I'm not sharing all this to create division or to place blame. I'm sharing because I want peace, and I've done everything I can to avoid further harm — emotionally, mentally, and spiritually. The decision to leave was not made lightly. It became clear that to stay would mean accepting a version of myself and my future that neither I, **nor God**, could live with. And **especially, God will not allow it**.

There is an active legal matter still before the Federal Circuit and Family Court of Australia. A readiness and compliance check was held yesterday, which I attended remotely. It is my understanding that the other party sought to have a restraining order placed against me — a move that was ultimately dismissed because I had already made it known to the Court that I had left the country for safety and wellbeing reasons.

I have informed the Court of my temporary relocation to Thailand. My current circumstances make it impossible for me to return to Australia at this time. Financial institutions in Australia, including Commonwealth Bank and Westpac, have since frozen or severely restricted access to my accounts. I am now defaulting on bills and experiencing further emotional distress due to these compounded actions.

Please be there for **Joshua** and **Christian** in my absence the best you can, but always remain mindful of what happened to me — **and protect your own freedoms**. I love my boys dearly and have given them everything I can. I continue to believe in their goodness, and I trust that one day they will understand why I had to take the steps I did.

I ask for no contact at this time. I will reach out when I am ready.

Thank you for hearing me.

Love,
Stephen

----- Forwarded Message -----

Subject: Request for Consideration of Remote Participation –
Personal Circumstances

Date: Tue, 1 Apr 2025 11:57:39 +0700

From: Stephen Cooke <stevecooke.c@gmail.com>

To: Associate.JudgeBetts@fcfcoa.gov.au

Olivia Shedden <oshedden@delaneyroberts.com.au>, Anna Roberts <aroberts@delaneyroberts.com.au>, Jo Markham (Independent childrens lawyer) <admin@jlmfamilylawyers.com.au>, reception@therelationspace.com.au, reception@delaneyroberts.com.au, ncc38962023@federalcourts.gov.au

Dear Chambers of Judge Betts,

I write respectfully to advise the Court of significant developments which have impacted my capacity to attend proceedings in person and to formally seek leave to continue participating via electronic means.

Around March 8th, 2025, I was unlawfully detained under the Mental Health Act while in Queensland. This incident occurred shortly after my vehicle ran out of petrol. During my detention, I was denied access to my prescribed ADHD medication—which I have used responsibly—and was instead forcibly medicated with Olanzapine, an antipsychotic I do not require and strongly object to.

These actions have had a profound impact on my physical and emotional wellbeing and further contributed to the decision to remove myself from what I perceived to be an unsafe and escalating situation. In doing so, I have temporarily relocated to Thailand for the preservation of my safety and mental health.

Additionally, I have informed both the Toowoomba Hospital and the Commonwealth Bank about serious grievances arising from this period, including the unlawful confiscation of personal funds and the sudden freezing of my financial accounts—actions which continue to cause ongoing hardship and reputational damage.

I have shared these correspondences not because I believe they are the direct concern of the Court, but because I wish to provide full transparency regarding my decisions to date. I am not seeking to escalate matters; rather, I hope to de-escalate and continue resolving the legal proceedings in a peaceful and cooperative manner, albeit remotely.

I respectfully request that the Court take into account my current circumstances and grant leave for my continued remote participation in the matter of *Cooke v Cooke* (NCC3896/2023), scheduled next for 7 April 2025.

Thank you for your time and consideration.

Sincerely,
Stephen Christopher Cooke

T:0412846712

----- Forwarded message -----

From: **Stephen Cooke** <stevecooke.c@gmail.com>
Date: Tue, Apr 1, 2025 at 11:10 AM

Subject: Immediate Release of Frozen Funds – Unlawful Account Restrictions

To: <financialassist@cba.com.au>

Dear Commonwealth Bank Complaints Department,

I am writing to formally raise a serious complaint regarding the **unlawful freezing** of my personal and business accounts as of **March 31st, 2025**. Your institution is currently holding a significant amount of my funds without legal justification. This action is resulting in **defaulted payments** and causing ongoing and **substantial harm** to my **financial integrity, business reputation, and emotional wellbeing**.

To be absolutely clear: these restrictions were applied following my escape from a **dangerous situation in Australia**, where I was **unlawfully detained under the Mental Health Act** and subjected to **significant psychological abuse**. I have since been forced to **temporarily relocate to Thailand for reasons of safety and health**, and I have **formally advised the Federal Circuit and Family Court of Australia** of this decision as of this morning.

The Commonwealth Bank's actions further compound the harm I have experienced and, in my view, **constitute financial abuse**. Your institution is now impeding my ability to meet essential commitments and obligations, without due process or merit.

I would prefer to resolve this matter peacefully. However, if you have not complied with my request — the **immediate unfreezing and release of all funds owed to me** — within **five (5) business days**, I will have no choice but to **publicly share my story** on **social media platforms** and through **ABC News and other media outlets** to bring attention to the misconduct and negligence I have endured.

Please confirm immediate action is being taken. This is an urgent and time-sensitive matter.

Funds are to be transferred to the following account:

Beneficiary Name: Stephen Cooke

Account Number: 101470441

BSB Number: 772772

Bank Name and Address: Revolut Payments Australia Pty Ltd
Level 28, [161 Castlereagh Street, Sydney NSW 2000, Australia](#)

Sincerely,
Stephen Cooke

----- Forwarded message -----

From: **Stephen Cooke** <stevecooke.c@gmail.com>

Date: Tue, Apr 1, 2025 at 10:59 AM

Subject: Request for Immediate Reimbursement of Confiscated Funds – Stephen Cooke

To: <ddhs@health.qld.gov.au>

Dear Toowoomba Hospital Administration,

I am writing to formally request the urgent return of funds confiscated from me during what I believe was an **unlawful involuntary detention** at your facility.

Please find attached the following documents to support this request:

- **080325 Stephen Cooke Treatment Authority.pdf**
- **080325 Stephen Cooke Toowoomba Receipt.pdf**

The attached receipt confirms that **\$3,650 AUD** was taken from me at the time of admission. As I was **detained without lawful justification**, there is no valid basis for the continued withholding of my personal funds. I respectfully request that the full amount be returned without further delay.

If a cheque has already been issued, please cancel it and instead transfer the funds via direct deposit using the details below:

Beneficiary Name: Stephen Cooke

Account Number: 101470441

BSB Number: 772772

Bank Name: Revolut Payments Australia Pty Ltd

Bank Address: Level 28, [161 Castlereagh Street, Sydney NSW 2000, Australia](#)

Additionally, please be advised that a legal matter remains afoot — an onerous custody dispute currently before the Federal Circuit and Family Court of Australia. While this may not directly concern your department, I have informed the Court that, due to the circumstances surrounding this incident and for reasons of personal safety and wellbeing, I have temporarily relocated to Thailand.

I would prefer not to escalate this matter further. However, I reserve all rights should this not be resolved promptly. Please confirm receipt of this email and notify me once the funds have been transferred. I expect resolution within **5 business days**.

Sincerely,

Stephen Cooke