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-What kind of solidarity and support from the outside means the most to me.

Going through this experience I've currently noticed that the two main things that one needs while incarcerated is mail correspondence and financial support.

Being in a Maximum Security Prison is emotionally tough specially for people who either don't or nearly get any mail from people on the outside world. Life starts to feel distant, rough, and sometimes you'll even feel forgotten.

I'm currently in a prison that even though on the internet it says that the inmates in here are classified as us being in general population or regular open population we really aint, at least not from my point of view. We're inside our own cells 24-7, yes we have the opportunity to go outside for rec but if you go you'll get put inside a cage.

With time I've started to feel left out even forgotten not having the kind of solidarity and support from outside of prison. There you stand at the door of your cell waiting to receive any mail correspondence each day when mail call is called and it breaks your heart every time when the C.O simply passes

by your room having nothing for you.

Financially is also tough because thier really isn't much to look forward to in here but mail and canteen. On canteen days you look forward on buying some sodas, pop tarts simply snacks but most important good hygienic products.

So yes for me those two things would be the kind of solidarity and support from outside of prison that means the most to me, mail correspondence and financial support.