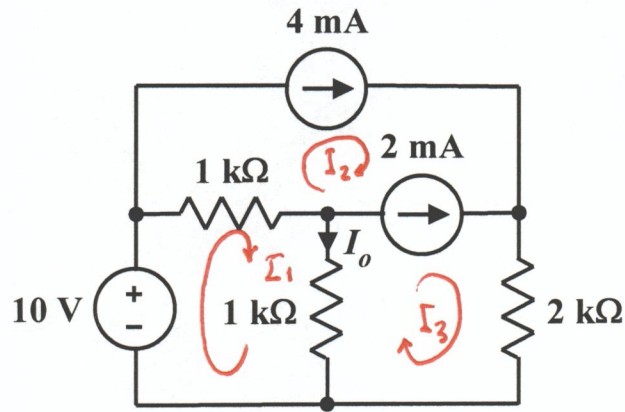Use mesh analysis to find I_o.

$$-10 + 1000(I_1 - I_2) + 1000(I_1 - I_3) = 0 \quad \text{(mesh 1)}$$

$$I_2 = 4 \, mA \quad \text{(mesh 2)}$$

$$I_3 - I_2 = 2 \, mA \quad \text{(mesh 2,3)}$$

In matrix form:

$$\begin{bmatrix} 2000 & -1000 & -1000 \\ 0 & 1 & 0 \\ 0 & -1 & 1 \end{bmatrix} \begin{bmatrix} I_1 \\ I_2 \\ I_3 \end{bmatrix} = \begin{bmatrix} 10 \\ 0.004 \\ 0.002 \end{bmatrix}$$

Solving yields $I_1 = 10 \, mA$ and $I_3 = 6 \, mA$

Then $I_o = I_1 - I_3 = 4 \, mA$