

14.03.24 15.03.24

Bad panic attacks before work.

Since 2024

Macca's - April 2023.

Idea of being at work for hours & not be able to leave

1. like going to work

⊕ active

⊕ doing stuff.

Not social at work

Social out of work.

- 4 friends. Mass around

- 2 from primary school

Was at Windsor High

Home school since 14 (3 yrs) YR8. 2021 (Covid)

Isolated & class

MH bad

Me + bro on edge

Struggling to go to school

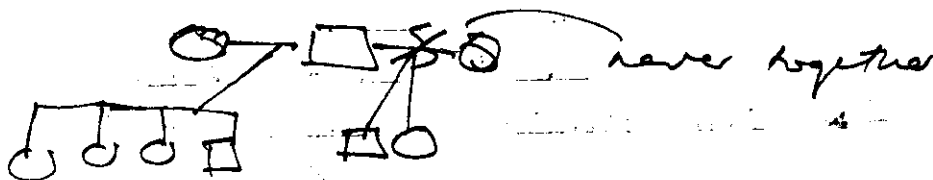
Never showed up for weeks in YR7

Primary school - fun. Take time off in

primary - sick & anxiety - colds; stomach aches

Bro - low immunity

TWINS



F. + M. co. parented 11yrs → 16 yrs.

M. blamed him for my attempt.

It was M.

14 - M. came off anti Ds. Frying. She knocked down my door & a hammer. I jumped off balcony.

450.80.21 10-11

Terrified

→ hyper aware to loud noises
→ moved rooms. Stayed in
laundry for a year.

15 yrs - M + I fought constantly.

Bro on med = + her psychologist

M

Depression - major + anxiety
V. Sick in primary - sleeping +
vomiting +
Cancer 20 23

S.I.

Threatened to attempt suicide since 10 yrs.
End 2023 - 1st attempt.

From age 11, dog had puppies
M. tried to kick F. out
School + friends.

Rang police as friend said she would.

- I really wanted help

→ bad control over emotions

→ anger - had 13 - 16. << since
hurt self.

can't calm down

→ say things I don't want to say,
then feel shit.

Can't control it.

? feel better

- animals - chicken, 4 horses, 3 dogs 1 cat 1 rabbit
- friends
- hobbies - @drama, video games, guitar.

dog ~~may animals~~

Even if they do bad stuff, it's but not in the
intention of doing bad thing.

④ Changing my hair
Navy - Black + white

④ cleaning; organizing
quite
talking to people.

Home schooling
- struggled w/ homework assignments.

Don't process well.

Frustrated to leave if can't do it
To frustration

Leaving to do course - Tape - hairdressing; art.

AOD

THC - 15

Relying on it -

<< 16 2023.

<< 2024

- stops me thinking
like being in a different

Xmas age 14 - incident re M^o
always had bad anxiety
← high school.

M^o tries to kick me out
Called police on me.
Bad for my M.H.

↓ THC to 1-2 joints / night
Hate that 1 Basha weed.
Crave to DSH. → adrenaline
Takes edge off
DSH - knife - cut legs.
Last time in Feb.

S.I.

Don't want to be here

Last time - planned but acted impulsively
No plan atm.

If get bad SI → someone
Protective - animals

Like M° + B° but don't love them.
Started to love my P°.

Safety plan.

x Draw

x talk to friends

Honolulu Hospital - O/N x 1 Feb '24
Blacktown x 1 x SF. ^{breeding trip - emotion}
Wagga Wagga - O/N x 1 - panic

Nepela - O/N x 2 - attempt.

D/V

Mr. M. b/f

- held us against electric fence
- swung fish tank off balcony
- dragged us by his hair
- smashed plate over his head.