

15.1.25

Bligh Park. (Was in Bankstown 1yr ago)

3yo

Separated shortly after moving. (7 yr relat)

was living in his M's prior to move.
after move, rela

struggling to make and meet but better than being unhappy.

Have daughter 2 days / week.

I was sole carer prior to split.

Work weird roster. (Kmart)

His M's he has Mon Wed Fri

No w/e → no social life. Work + 2 days in daughter

No time for me.

I wanted to have her more + put her in child care.

He wants her in school in Bankstown.

He then wanted her all week + 2nd w/e.

→ Anxiety + panic attacks.

Every suggestion a retchiation

Mad 1/12 MH Leave

Him + his M's not wanting to hand her over
H

New partner of 4/12.

Not happy in my job but loyal as good for me.

A lot of days I can't focus.

Operations manager. Important role but can't always f-

He broke down when we split.

He initially wanted to hand Evie over as said not
fit to be a f.

Now he's flipped it so knows it hurts me.

Since Mar 2024.

He says I'm not stable (no child custody).

Born in UK. - Essex. Moved here 2015.

Abusive relat. → UK. Then back here in 2016

Studied here - beauty therapy; worked in salon in
city until Covid. Then Karat since 2021.

When 1st here, no support. Then tried to make something
out of it - Michael. Evie born and 21. As a f.

Sheltered life

W & partner moved to Aus.

Hong Kong & Singapore (N° = travel)

I was in retail supervision in Singapore

Then moved here & into abusive relat. 1 yr.

Start of issues

saw Drs but not psychologists then
S cars.

Now apprehensive about things

Physical & mental abuse. He had acquired brain
injury

A lot of dark days.

Trapped in garage for 6/12. No contact re family

If have argument, fear that something will happen

Flinch - 1st response

Instinct to protect myself.

N° came over from UK. He allowed me to go for

coffee re me. He allowed it but shadowed me.

He saw me re N° & said I can go & leave country

or go home re him. I said I'd leave. But didn't

know how to live without him.

Scared he'd get me back. He caught a weapon in
car coming to get me.

Didn't press charges. Couldn't face it then.
1990.

Wanted back to UK for a while. Went back to home
to re-set. Worked in home for 9 mos.

Rtn to Aus as wanted to be re N° & friends

Michael was carefree but later realised he just
didn't care.

Had to get visa - got partner visa. 2022.

A lot of stress - money.

Rea

Had E viz.

Realised I wasn't happy.

Met another person who made me happy

Unclear what to do. Felt obligated to him as he had
child & he'd helped pay for Visa.
1st time I had to break off a relat. Didn't want
to hurt him.
A lot in 16 yrs.
Trying to cope & it all come back.
Always been the joker & could hide emotions.
Now can't do that.
A bit dead inside.

Impact -

Tough but relief to talk
Friends are friends i.e. Michael too.
Lost a lot of attachments there.
Lost best friend of 8 yrs after new partner.
? She's i.e. Michael. Post a lot of photos of them all.
He hated her while we were friends, so ?
if they are doing that to hurt me.
Hard she gets to be i.e. my daughter
Michael lives & his M.
Think Evie is being dropped at
His put rules around new partner not messing w
being alone i.e. Evie.
Then he does that w other people.
Let the Control happen & so broken.
Relat. started so free.

Ref. to Relationships Australia

Work in Rhodes

Have to get up at 5 to drop Evie off.

⊕ work move local

Not paying child support.

When she was born - he didn't help w finances.

I'd have to pay for formula etc. If he got it,
I'd have to tell money to his account.

Mood. OK. in the middle. Not too low.
Feels like a lot to say

History

talked to GP in UK about trauma / anxiety + panic attacks.
didn't follow up as not staying
→ Valium for short period

Panic attacks triggered by smallest things
No previous hx prior to D/V relationship

Hypernat - NAD

- PCOS → metformin. - 3/12
blood sugars fine

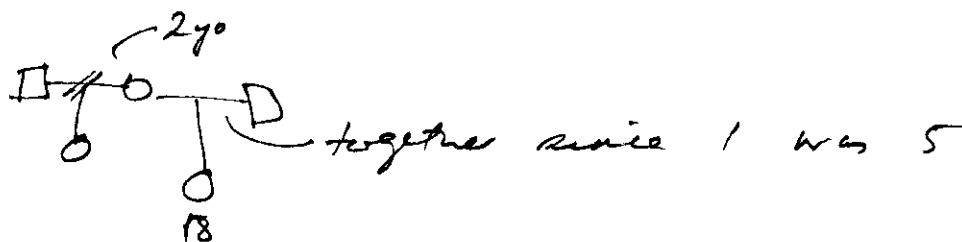
- irregular menses - > on metformin.

Want more kids

Family Lx

M^o has panic attacks

M^o - a lot of fears → panic attacks.



K-10+

Patient or Client Identifier	
Surname <u>Jackson</u>	
Other names <u>Kennedy Grace</u>	
Date of Birth: <u>09.02.1996</u>	Gender: Male <input type="checkbox"/> Female <input checked="" type="checkbox"/> Other <input type="checkbox"/>
Address <u>5 Albert Place Bligh Park</u> <u>2756</u>	

Date completed: 15/01/2025**Instructions**

The following ten questions ask about how you have been feeling in the **past four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1.	In the past four weeks, about how often did you feel tired out for no good reason?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	In the past four weeks, about how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3.	In the past four weeks, about how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
4.	In the past four weeks, about how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5.	In the past four weeks, about how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6.	In the past four weeks, about how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7.	In the past four weeks, about how often did you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8.	In the past four weeks, about how often did you feel that everything was an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
9.	In the past four weeks, about how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	In the past four weeks, about how often did you feel worthiness?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please turn over – there are a few more questions on the other side

The next few questions are about how these feelings may have affected you in the **past four weeks**. You need not answer these questions if you answered 'None of the time' to all of the ten questions about your feelings

11.	In the past four weeks, how many days were you TOTALLY UNABLE to work, study or manage your day to day activities because of these feelings?	10 (Number of days)
12.	[Aside from those days], in the past 4 weeks, HOW MANY DAYS were you able to work or study or manage your day to day activities, but had to CUT DOWN on what you did because of these feelings?	15 (Number of days)
13.	In the past 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?	6 (Number of consultations)
14.	In the past 4 weeks, how often have physical health problems been the main cause of these feelings?	<input checked="" type="radio"/> None of the time <input type="radio"/> A little of the time <input type="radio"/> Some of the time <input type="radio"/> Most of the time <input type="radio"/> All of the time

Thankyou for completing this questionnaire.

Please return it to the staff member who asked you to complete it.

Professor Ronald C Kessler of the Department of Health Care Policy, Harvard Medical School is thanked for the use of research on the K10 funded by US Public Health Service Grants R01 MH46376, R01 MH52861, R01 MH49098, and K05 MH00507 and by the John D and Catherine T MacArthur Foundation Network on Successful Midlife Development (Gilbert Brim, Director).