

14.6.24. Melina Johnston

Uni exam - 85% - finished 1st 2 subjects
(10)

Lacey - talking about suicide → psychologist.

I went to her.

Craig not being home & not contacting her much impacting
School aware

Issues to friends at school; messes started.

I have PMS → cramping & pain.

she saw Craig ~~for~~ 2 wks. But no contact 2 weeks.
Msg from Relet. Aus. & p/c

They want a ltr to me.

Then will be medication

They want to see me 2° things I said about his
labile moods & S-I.

I'm ok until I hear from him.

Think I'm starting to deal w things better
more accepting.

Still worried about settlement but hope to talk
about staying longer in medication
Tyler in YR11. - has assignments due.

Developmental hx

Grew up in Kurrajong

D/H/O separated recently - M's loves to me

Take after F - quiet. Siblings loud

F° never dealt w things. Always in shed doing his
thing.

Craig also doesn't deal w things.

Parents should have separated for long time

love my work; supportive team.

GP wants me to see lawyer about shoulder, but not sure I can deal w. it.

Will go to appt. & see what happens.

Saw pain specialist - ? trapped nerve & muscle spasms.

Different med = + TENS machine
try & exercise.

Relate injury to bad time

Covid lockdowns - home schooling all day

Lost 2 g. parents 2 weeks apart

Job where I wasn't supported -



Cried all the time.

'Don't cry; don't cry' - every time something comes up I think I can't deal w. it.

HG hands parallel & static

1/2 acre.

Lots of friends + animals

Cole High till Yr 12

P/T job at supermarket (school)

After - supermarket

Trainership = childcare + got Diploma

Tyler born 2007 - a lot to handle

Dip. - 2012 (completed)

ADHD, autism, anxiety (I was 22)
Came to preschool in me.
sep. anxiety; banging head on ground.

Traci Hain - recommended systematic ignoring
→ stopped quickly, but hard to do.

When preg. in Lacey, + told boss - 4 shifts + made casual
→ medication Fair work. Lacey a few weeks old.
Stayed home in Lacey.

When Lacey 2 - nights in petrol station (5pm → 9pm)
Liked that job. By myself.

Throat shoulder - treated badly. Ongoing voice
Other staff didn't pull their weight

Shoulder - nerve pain down left arm.
→ steroid injections.

(workers comp.)

Fixed me on my b. day as medically unable to work.
workers comp.

Capacity Ax + moved into child support service.

GP wanted me to see lawyer for shoulder +

Need another ax for that.

all these situations.

2 legal wives - shoulder + Craig.

No one on my side.