

31.3.25

Naomi

Anxiety really bad since leaving hospital
Take kids to & from school.

appt 1/4 & Sat. - Dr. A. G.

Don't want to leave house.

started medication for youngest 2 kids
as they'd stopped any access.

Then to 1/2 sec's parents. These not allowed
to see kids 2: AOD. (not FACS)

STOG S/W not involved.

Suicidal ideation not as bad.

Short term memory ↓.

STOG → Kellyville for 3 weeks.

Kids so glad I'm home.

Into a routine

Don't want to go back into hospital.

The longer I'm in, the harder it is to be out;
Get too

Don't even know who I am.

In

Was taking diazepam for anxiety - daily for 2 weeks.
Requested to stop. - 2 mos ago.

Nortriptyline - working well

Clonidine - for nightmares (BP medⁿ - but not
stopped nightmares)

Thyroid medⁿ

Having medication in kids grandparents. i.e. Relat. Ave.
Had 1m1 meeting re them. Limit agreed to
attend medication.

Elders son being A x for ASD + ADHD.

started getting things on track
But also overwhelmed.

Controlling - single parent & job seeker.

Need medical certificate.

Know what I need to do

job agency a nurse so understanding about my
recovery needs.

Not had right med = for 3 weeks.

Wake in anxiety - can't breathe; as if someone
sitting on chest. Happened in hospital at towards
end of stay.

I expected myself to be better, had so much
ECT + TMS.

Disappointing.

S.I. still there ~~at~~ sometimes.

Was nice having a quiet brain.

But comes back.

Nervous to see U in case he wants me back in.

Focusing on mothering + domestics

Want to work on fitness, but anxious to leave
house. Home is safe zone.

E.W.S. Relapse -

Not taking kids to school

Staying in bed all the time

Delusional - think everything's great & I do
every thing fast, then crash next day.

AM BB

CDTSD

BPD - was considering bipolar.

PLAN.

Do I reach out to GP or hospital?