**Family Name**: Jackson **Identifying No**: PFL0109 **Session No**: 12

**Date:** 16.07.22 **Time**: 2pm **Session Duration**: 70

**Who Attended**: PFL Mam and PFL Child

**Location:** PFL Home

**Tip sheets:** PS15 and PS18

**Topics Discussed**:

* Tip sheets – PS18 – self-care was only discussed
* Suicide ideation
* Parents sleep and nutrition
* Mams support network

**Issues addressed:**

* Mam was crying on arrival
* Mam stated she had come off her anti-depressants without medical supervision and has since experienced suicide ideation – a safety plan was put in place for mam and baby.
* HV encouraged mam to seek medical advice immediately – mam agreed

**Agreement for the next session:**

* To explore mam’s self-care
* Sharing out responsibilities to ease the household load

**Follow-up action:**

* Mam to go to G.P.
* Mam to explore moving in with her parents
* HV to check in with mam 16.3.23

**Home Visitor Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_