



# GRiST comment diary for *Deborah* for assessments on or before **09/02/2018**

myGRaCE Person Ref. Code (PRC): **HQDUS-72F-55Q**

This reports pulls in all the historical clinical comments made for this person from all assessments up to 09/02/2018. These are presented in a 'diary' format, and organised around the safety areas and questions they were entered against.

## Key:

 *Comments appear in black italics.*

 Action information appears in brown regular font.

 Management plans appear in brown regular font.

## Personal Details

### Overall Safety Formulation / Action Plan

2017-10-14



Things I need to do immediately to stay safe

Sleep properly

Eat well

keep a diary to stay organised

On-going issues I need to deal with (e.g. where I live, who I live with, long-term physical conditions)

Long-standing issues I need to deal with (e.g. effects of past trauma or abuse, low self-esteem, anxiety)

SAFETY	COMMENTS & MANAGEMENT PLANS
<a href="#">Not looking after yourself</a>	
<a href="#">Feeling vulnerable</a>	
<a href="#">Harming yourself</a>	
<a href="#">Ending your own life</a>	
<a href="#">Harming others or damaging property</a>	

## Mental health safety

Each safety heading is presented below, expanded to show its underlying information.

**not looking after yourself**

feeling vulnerable

Harming yourself

ending your own life

harming others or damaging property

### **General mental health and wellbeing issues**

#### **Problems with understanding risk and responsibility:**

2017-10-14

+ Sometimes I will interact well with another individual, but after a while, usually when I don't have time to myself, my mood switches.

Assessor: .....

Service User: .....