

This form should be completed **with** the client, typed, and copies distributed for all sets of mental health case-notes or electronic record.

My Mental Health CV - Guide

My current problems:

Bullet points only.

Examples in italics:

- Moods / emotions (*depressed, angry*)
- Unhelpful thinking (*ruminating, negative*)
- Behaviours (*staying in bed*)
- Social / relationship difficulties (*isolated*)
- Financial (*debt, benefit*)
- Work (*unemployed*)
- Diagnoses (*major depressive disorder*)

My strengths:

- *Past achievements, attitudes*
- *Family, friends, faith, hobbies, interests*

My life – significant events

Year

Age 5-10 *Abused by uncle*

Age 12 *Parents split up*

Age 13-16 *Bullied at school*

Age 18-21 *University.
Started using drugs*

1998 *Married T*

2001 *Son born*

2004 *Daughter born
Post-natal depression*

2005 *T left after affair.
Started drinking*

2006 *Lost job and house.*

2008 *Parents died.*

2009 *Admitted following
overdose of paracetamol*

What helps:

- *Relaxation exercises*
- *Being with others*
- *Talking*
- *Exercise*
- *Getting up, going out*
- *Particular medication*

What doesn't help:

- *Alcohol*
- *Over eating*
- *Staying in*
- *Withdrawing*

My future direction:

- Life goals
- Education
- Personal development
- Work

Any other relevant information:

I don't like talking about my childhood

Completed by(staff/service user)..... With..... (staff/service user/carer).....Date.....

Copies to(all mental health professionals involved).....