# Secondary mental health case 12: Jim Wilson

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| **MENTAL HEALTH OCCUPATIONAL THERAPY****Name:** Jim Wilson **DOB:**  10/02/1977**Address:** 32 Kingsley Road, Jasper**Case Number: MH**0012Mr. Jim Wilson has depression, which is currently manifesting in excessive sleeplessness / insomnia. He lives with his wife (Marie) and their toddler twins (Oliver and Max). Jim shares childcare with his wife, as she works parts time in a local shop and they are unable to afford child care fees. Jim works at Australia Post in one of the big parcel delivery centres, and is on night shift every couple of months (for two weeks at a time). While he used to be able to recover his diurnal pattern quickly, he is finding it hard to return to night-time sleeping due to his symptoms and the need to attend to his twins (who are poor sleepers) most nights. Jim has experienced episodes of depression since his teenage years, but this one had lingered far longer than usual. Jim takes Escitalopram, but has not been back to his GP for a review in over six months due to the difficulties of making an appointment that matches his shifts. He has also put on approximately 10 kg of weight in the past three months, as his appetite has substantially increased. Please complete the following tasks:* Research best practice sleep hygiene, and obtain a fact sheet to provide to Jim and his wife.
* Consider various child care options (both formal and informal), rebates and parenting supports which could be available to Jim and his wife.
* Post these documents in the case conference forum in the LMS
* Report back at case conference
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**Notes:**

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