# Secondary mental health case 8: Matthew Bailey

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| **MENTAL HEALTH OCCUPATIONAL THERAPY****Name:** Matthew Bailey **DOB:**  29/08//1992**Address:** 41 Braemar Street, Soxton**Case Number: MH**008Mr. Matthew Bailey has been diagnosed with mild Obsessive Compulsive Disorder. He is currently completing a plumbing course, and is hoping to establish his own business in the coming years. Matthew flat shares with two friends (Jake and Gemma) and is considering moving in with his long term partner (Billy). Matthew regularly misses appointments and is late for his classes at TAFE due to anxiety around leaving home. He ruminates about leaving the stove or iron on, and also worries that he has left doors or windows unlocked as they live in a high crime area. This leads to him checking the flat multiple times, in a ritualistic manner. Matthew has been seeing a psychologist in recent months, but has no regular GP. He wants to manage his mental health without medication, and has been using cognitive behavioural strategies to manage. However, his symptoms have gotten worse in recent weeks, coinciding with having to complete several crucial tests at TAFE. Please complete the following tasks:* Research three strategies that might help Matthew continue his studies and participate in events outside his home.
* Research best practice guidelines for managing OCD (particularly in regards to the role of multidisciplinary health professionals). Are there any other options for support and treatment which could be suggested to Matthew?
* 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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