# Secondary mental health case 9: Teresa Price

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| **MENTAL HEALTH OCCUPATIONAL THERAPY****Name:** Teresa Price **DOB:**  08/12//1986**Address:** 65 Sanctuary Drive, Sweet Corners**Case Number: MH**009Ms. Teresa Price has experienced a flare up of her anxiety. She lives with her partner (Sam) and has recently returned to work after the birth of her first child (Lola). Teresa left her old job (as a customer service manager) prior to Lola’s birth and is now seeking to re-establish her career with a position in a call centre. Teresa needs to travel by train to get to work in the morning, but fears the number of people she will encounter. She has also begun to feel overwhelmed and panicky at work, particularly when dealing with demanding or abusive customers. Teresa has an understanding employer, but they have warned that her inability to deal with such customers is beginning to impact on their key performance indicators. Teresa has been seeing the same GP since childhood, but his only advice to her has been to ‘maybe think about staying home with your baby instead of trying to work’. She recently saw a different GP by chance, and has now been started on diazepam and referred to a counsellor. Please complete the following tasks:* Research three alternative ways that Teresa might travel from her home to the city for work.
* Research three options / strategies / tools that could help Teresa manager her anxiety at work.
* 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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