

NICHOL, Janice (Ms)
Date of Birth: 12-Apr-1974

NHS GG&C Mental Health Services
CHI Number: 120 474 6028

NICHOL, Janice (Ms)

Date of Birth: **12-Apr-1974 (52y)**

161 Barrowfield Street, Glasgow, G40 3QZ

CHI Number:	120 474 6028	Home Tel:	
Usual GP:		Work Tel:	
Patient Type:	Community Registered	Mobile Tel:	07502578711
Registered:	25-Jul-2023	Email:	
Language:	unknown	Dispensing:	No
Advocacy Needs:		Transport Needs:	

Problems

No problems recorded.

Medication

No Current Medication

Allergies

No allergies recorded.

Planned Events

03-Jun-2026 Please enter Ethnicity

Consultations

29-Aug-2023	Winvoice Pro Filing HOLMES, Stephanie (SeniorBusinessSupportAssistant) Entered By: FOWLER-STEWART, Emma (Psychologist)
Additional	Attachment  CBT2 Pt Never Registered Letter To GP cCBT Service Mental Health Steph Holmes
25-Jul-2023 14:11	Administration note (NHS GG&C Mental Health Services) OLUREMI, Tolulope (BusinessSupportAssistant)
Comment	Phoned patient. Confirmed details.Silvercloud email invite sent.
25-Jul-2023 14:10	NHS GG&C Mental Health Services OLUREMI, Tolulope (BusinessSupportAssistant)
Document	SCI Gateway referral letter  (24-Jul-2023) SCI Gateway referral letter from Abercromby Practice (24-Jul-2023)
25-Jul-2023 14:10	Inbound Referral (NHS GG&C Mental Health Services) OLUREMI, Tolulope (BusinessSupportAssistant)
Referral	Referred for mental health assessment From: Abercromby Practice
06-Apr-2021 09:25	Telephone consultation (Stobhill - MHAU) HUTCHISON, Kathleen (SnrUnscheduledCareNurse)
Comment	Follow up T/Cs as recommended following assessment on 2.4.21: Left message with GP reception to advise of assessment and that BAT is accessible on Clinical Portal and highlighted patients wish to commence antidepressant. Contacted patient to advise of same and provided ADRS contact number to allow patient to self-refer to ADRS should she still wish to do so. No further action from MHAU at this time.
02-Apr-2021	Unknown HUTCHISON, Kathleen (SnrUnscheduledCareNurse)
Additional	Attachment  MH48 Brief Assessment Stobhill Hospital Mental Health Kathleen Hutchison
02-Apr-2021 11:50	Face to face consultation (Stobhill - MHAU) HUTCHISON, Kathleen (SnrUnscheduledCareNurse)
Assessment	Template: CRAFT - Risk Assessment Risk assessment • Initial Assessment

At risk of DSH - deliberate self harm Harm to Self: Yes Voicing thoughts of suicide at assessment. No plan or intent. Referring to suicide as method of "escape". Family are protective factors - children, grandchildren and husband who she cares for. When asked if able to keep self safe she replied "definitely". Future focussed - keen to go on holiday to USA for 30th wedding anniversary this year as has family there also plans on self-referring to ADRS. Helpseeking.

Harm to Others: No • Harm to Children: No • Harm from Self Neglect: No • Harm from Others: No • Falls: No • Harm related to Cognitive Impairment: No • Poor physical health: Unknown • Absconding: No

a. Please summarise previous risk history with dates, severity and context. Are there any situations associated with increased risk? Reports taking overdose 20+ years ago. Reports being prescribed an antidepressant 10+ years ago. No history of input from mental health services. Reports longstanding alcohol misuse for 10+ years with only one period of sobriety lasting 11 days which ended in latest 24 hours (02.04.21).

b. What are the principal risks? What are the current risk factors? What are the protective factors? Thoughts of suicide triggered by distress following daughter disclosing childhood abuse by Janice's mother whom also abused Janice as a child. No active plan or intent. Able to maintain own safety. Family aware of mental health problems and son plans on not attending work tonight to support Janice. Family are protective factors. Help seeking. Future focussed.

Service user view of risks Keen for support. Feels she will "definitely" be able to maintain own safety.

Family / carer view of risks Concerned for her although she reports them only being fully aware of her distress today. Family are very keen to support Janice.

a. Safety Plan Worsening advice given - aware to contact NHS24. Able to maintain own safety. Has family who live with her and are keen to support her. Advised of impact of abruptly ceasing alcohol use and to refrain from same. Advised on withdrawals and clinical urgency of these - reports daughter is a nurse and has advised her of same.

b. Risk management plan identify actions and timescale MHAU staff to contact Janice's GP on Tuesday (06.04.2021) to highlight assessment and Janice's wish to commence anti-depressant - note written in diary requesting same. MHAU staff to call Janice following conversation with GP to inform of this discussion. Janice to self-refer to ADRS. No further role for MHAU beyond this.

Note of other professionals and teams and copies sent to: GP

02-Apr-2021 10:23

Telephone consultation (Stobhill - MHAU) HUTCHISON, Kathleen
(SnrUnscheduledCareNurse)

Template: **SBAR V4**

Comment

Situation Referral to MHAU from NHS24 citing low mood and suicidal ideation. Background Not currently open to services. No history noted on EMIS. Referral cites history of alcohol misuse everyday - 11 days sober prior to recent relapse. Referral cites reporting longstanding suicidal thoughts for 10 years. Referral document reported childhood trauma - physical abuse.

Assessment Writer contacted Janice on telephone number listed on referral. Janice reported feeling low and stated "i just want to end it all". Trigger was discussing past childhood trauma with her eldest daughter last night which triggered mental health crisis and resulting in her relapsing from her 11 day sobriety from alcohol and consuming over 1 bottle of vodka since 5/6pm yesterday. Last drank 1 hour ago. Doesn't usually talk about trauma and unsure what caused her to talk about same yesterday. Reports having low mood and suicidal thoughts for "few weeks" which appears to coincide with abstinence. Feels "things have been building up". 11 day abstinence from alcohol was done independently with no support from services - denies experiencing withdrawal symptoms. Usually drinks lager however drank vodka last night as "needed the strong stuff". Janice reports having daily contact with her eldest daughter and lives with her husband - whom is disabled (brain injury) - and two adult sons. Discussed safety plan and if having support from loved ones would be deterrant to acting on suicidal thoughts - Janice denies this would aid her safety and feels she would remain a risk to self with loved ones there. Ongoing thoughts to end life - vague plan to "jump from nearest bridge". Unable to agree to maintain own safety. Stated the suicidal thoughts are "new" to her and unable to identify what will help her. Stated she disclosed these thoughts to eldest daughter

NICHOL, Janice (Ms)
Date of Birth: 12-Apr-1974

NHS GG&C Mental Health Services
CHI Number: 120 474 6028

last night however did not recieved a supportive response and stated her daughter then told her husband however reports due to the husbands brain injury he most likely cannot recollect same. Janice is main carer for husband. Denies this caring role and relationship with husband being a protective factor against suicidal thoughts - reports "i wont stop me. He wont have anone to look after him but it wont stop me". Denies having supportive relationship with anyone including husband and 4 adult children.

Recommendation Unable to agree to maintain own safety so to attend Stobhill MHAU with son. Advised of address and encouraged to attend ASAP.

Risk Ongoing thoughts of suicide, vague plan to jump from nearest bridge. Intoxicated currently.

02-Apr-2021 10:22 Inbound Referral (NHS GG&C Mental Health Services) HUTCHISON, Kathleen (SnrUnscheduledCareNurse)

Referral Referred for mental health assessment From: NHS 24

Values and Investigations

02-Apr-2021 Risk assessment

Referrals

Date	Term	Details	Clinician	Status
25-Jul-2023	Referred for mental health assessment	FROM: Abercromby Practice	OLUREMI, Tolulope (BusinessSupportAssisant)	Ended
02-Apr-2021	! Referred for mental health assessment	FROM: NHS 24	HUTCHISON, Kathleen (SnrUnscheduledCareNurse)	Ended

Care plans