

Suicidal thoughts: Narelle's story

60 year old nurse Narelle first contacted UnitingCare Community after she started to think suicidal thoughts.

With her marriage recently ended and estranged relations with her adult son, her support networks were almost non-existent. On top of this she was harshly judged by her family as the only person in her family who was divorced. Narelle was also finding it difficult to find employment which left her with financial struggles. All of these things left Narelle in desperate need of counselling and to talk through her current situation.

When she met with Bettina the UnitingCare Community counsellor, Narelle was assessed to see if she was a risk to herself and Bettina developed a safety plan for Narelle to stick to her in her daily life. Bettina put Narelle in touch with a GP to set her up with a mental health plan and provided her with some 24-hour emergency services she could call if things began to feel too much for her.

Following this, Narelle continued her counselling sessions with UnitingCare Community which were based around her personal strengths and recognising problems to do with grief and loss, feelings Narelle had experienced through her divorce and the loss of the relationship with her son.

As Narelle was showing signs of depression, Bettina ensured she educated and empowered Narelle on looking after her mental health and increased her understanding of the symptoms of depression.

Narelle attended a total of 12 sessions with Bettina and showed that she was feeling better with each session. With Bettina's help, Narelle began to feel herself again.

Although she returned for counselling on two other occasions for support for troubles that had arisen within her family, she was able to reiterate her safety plan and remain with a positive outlook moving forward.

