

Dear Dr. Prince,

Issy has asked that she speak to you alone in future appointments, so she can be completely honest without upsetting me.

As she is under 16, I understand that I can be made aware of everything that you discuss. In this instance, I only want you to tell me what is said if she is harming herself, putting herself in danger, or is going to try and hurt herself.

I believe that her psychological state will improve more quickly if she can be completely honest with you without worrying about me getting upset. I try very hard to keep it in, but this is history repeating itself and those wounds from Ross's depression are still quite raw for me. To see your daughter in a similar place is very, very hard, and emotionally testing.

As you will appreciate, the situation is incredibly stressful, so anything I can do to speed up her recovery, I will do.

She tried to go back to school on Thursday of last week, but only made it to the matron's office. The things she agrees to when she is not in the situation and feels a little stronger seem to be impossible when she is faced with them.

My real worry now is that she will miss the whole of this term if we cannot do something to help her get back. Her art teacher came to see her last week and she is aware of the impact of the pupils on Issy's mental state. Despite trying very hard to get Issy to discuss the situation with the school, she wouldn't budge, so I fear we have stalemate.

Possible tactics like discussing changing schools, or retaking the year are premature and would only scare her, so any other suggestions you may have would be really helpful.

And any help to stop me eating my way through this stress would be great too!
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Best wishes and thanks for your support in this.

Suzanne