**As a volunteer how would you feel and what action would you take ?**

You visit your family you have been supporting for 10 months who has a history of self harming by cutting her arms. Mum discloses that she has cut her arms with a razor and has not been to GP as she is too embarrassed and feels a failure.

You have had your link visit with your new family, Kate, a single mum with a 6 week old baby, the Health Visitor who referred the family had stated that there was a history of sexual abuse by a family member towards Kate as a child. You arrive for your first visit and mum answers the door in her dressing gown, you sit for a coffee and notice that Kate has several small round wounds on her legs which she is trying to cover up.

You visit a dad you are supporting with 3 children under age five whose wife has recently left him for another man. Over the past few months you have noticed that there is an increasing pile of unopened mail on the side and he is avoiding phone calls, he and his children have all the latest technology and new clothes and a large quantity of take out food containers in the recycling bin.

You have been visiting Mary, an older mum with two children for 3 months after leaving a “refuge”, over this time you have noticed Mary’s weight decrease and she has recently bought a puppy as she feels she needs more exercise, on you visits you notice that Mary is unable to keep still and always on the go.