



MK TOGETHER  
**Safeguarding  
Partnership**

# Summary Report

## Summary of the Review into Adult J's Death

This review was carried out after the very sad death of Adult J in early 2024. She was a woman in her 30s and a loving mother of three children. The review looked at what happened in the months before her death and how different services tried to help her.

The MK Together Safeguarding Partnership (MKTSP) would like to thank Adult J's mother and friend for participating in this review and extend their condolences for their sad loss.

### What happened?

Adult J had struggled with her mental health for many years. She had conditions that included depression and bipolar disorder and sometimes felt very low. She had support from her GP and mental health services, but she didn't always feel comfortable with the help offered. She also had a lot of stress after her marriage ended, and she learned that her ex-husband had started a new relationship. Ten days before her death, she disclosed she might harm herself and emergency services were called. The police and ambulance came, and her GP spoke to her. They tried very hard to help and offered to take her to hospital, but she said no. Sadly, ten days later, Adult J died by suicide.

### What did the review find?

- Many people tried to help Adult J, and there was some very good work.
- Sometimes services didn't share information well or work together as much as they could have.
- There were missed chances to think about the whole family and involve them more.
- Adult J didn't like having to see different professionals each time and having to repeat her story.

## What will change?

As a result of this review Partnership agencies have agreed changes, including:

- Better teamwork and communication between services.
- More focus on the whole family, including children, when a parent is struggling.
- Clearer plans for mental health crises, including when someone says they don't want help but may be at serious risk.
- Consistent support so people don't have to keep telling their story.

## What about the children?

The review asked Children's Services to check how the children are coping and make sure they have the right support.

This review was carried out to learn lessons and help prevent tragedies like this in the future. Our thoughts are with Adult J's family and friends.