



# Participants Case Study



*“Built me back up to the point that I feel strong enough to build my life again. They were a God send at the time; I don’t know where I would be without them at this point”*

**Background** - David is an IT officer within a finance department of a private company located within South Wales (UK). David has always loved his job; however, the deterioration of his mental health started to impact on his work and home life. David’s Manager raised his concerns after he had noticed David was coming into work late, unkept and not working to his usual standard. David started to withdraw from his colleagues and subsequently became absent from work.

David has a history of suffering with anxiety, depression and has been diagnosed with PTSD which is a result of historical sexual abuse as a child. David’s coping mechanism to manage his thoughts and feelings included consuming high levels of alcohol and drugs which in turn had a negative impact on his relationships with colleagues’ and friends. David felt that he had become too ‘clingy’ in relationships and had fears of rejection, many of his relationships had broken down due to this and he also struggled with having a close relationship with his family. David had previously accessed a short programme of counselling which helped him explore his emotions to a point he had built up trust to share his thoughts and emotions. However, when the counselling sessions finished, David was unable to access further support which resulted in David feeling abandoned and rejected and still unable to go to work. David Contacted Case-uk for help and he was referred to our Able futures programme for 9 months personal support

**Support Provided** – Case-uk’s VRC supported the participant: -

- To manage his diagnosis, this was achieved by accessing bespoke information, advice and support to implement strategies that built resilience to overcome his fears. This also included self-confidence building and acceptance strategies that enabled him able to deal with his past in a healthy and positive way.
- To manage his anxiety and how to maintain healthy relationships. This was done by integrating him into social situations which reduced his feelings of isolation.
- With issues and events that arose during the week and was an external point of contact outside of work when things got stressful.

## Outcome

David has now returned to work and is doing much better as the employer is now making reasonable adjustments after the VRC supported him to ask for help. Through the guidance, encouragement and support from the VRC David started to integrate himself into social situations. David now travels to work with a friend, which initially was way outside of his comfort zone but has had a positive impact on his mental health and overall well-being. David is facing his fears head on and actively seeking help for issues he faces. For the first time in over 10 years, David feels he has the confidence to think independently and is re-building his life in a positive way.

### How Did We Do?

Level of Support	Effectiveness of support	Your VRC	Overall Experience	Chance of Recommendations
Excellent	Excellent	Excellent	Excellent	Excellent