

Sam's Individual Story

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Sam spent a long period of time in hospital when his mental health deteriorated along with his family relationships. He felt anxious, isolated and lacked confidence in himself in social situations. When his mental health had begun to improve, Sam moved into his own home with support from staff.

Sam is a very private person and still struggles with meeting new people so it is important for him to get support from a few staff members who know him well. Because this happens, Sam engages well with the support he gets and he has managed to set up and keep his home going.

Sam and his staff team have come to a good understanding of his mental health and can recognise when this is deteriorating. Sam has worked with staff and health professionals to draw up a guide which describes the signs that he is becoming unwell, and has devised a plan which is put into action when this happens. It means that Sam still needs to spend time in hospital but this is happening less and less and he manages his mental health better with support from staff. When he does go into hospital it is only for very short spells and he can quickly return home.

Sam now feels able to start branching out and, with staff support, he is improving his health through going to exercise classes as well as improving his skills through basic education classes. He is also getting the chance to meet new people and hopefully start some friendships which will enhance his life.