

CASE HISTORY KEVIN

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Kevin came to us having been discharged by the armed forces with Battlefield PTSD, with the help of other agencies we were able to get help with coping strategies which helped Kevin with his PTSD and his ongoing mental health issues.

Kevin worked with us to improve his speaking and listening skills and his numeracy and computer skills and has been an active volunteer with us on a regular basis.

He has worked on a number of work placements and is actively seeking pathways to part time work while coming to terms with his past issues. He has recently completed a well being course and is supporting others who access our services and opportunities..

KEVIN

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Following an injury from my time in the armed forces i was left with PTSD and endured a lot of anxiety and speech difficulties. I didn't want to leave the house. At Csin you get a lot of responsibility. I feel trusted – that's a new feeling, especially when you've been unable to trust yourself, i feel part of something real and i feel i have an important role to play.

I have improved my speech and language skills and i am now much more self confident. Working with Csin has helped me focus on what i need to do to help myself I feel completely different than when I was 17. I feel happier and healthier. I feel energetic. I want to get a job, I want to get a qualification, I want to do something with my life. I've wasted six years, I want to start now.