



WorkWell Case Study



Background

History of poor mental health. A Carer for a family member. Employed in 2 part-time roles. Signed off not fit to work; return to work imminent.



Issues



Anxiety and stress due to thoughts around return to work and managing family responsibilities. Circumstances with Universal Credit also caused emotional turmoil.

Keen to return to work, though concerned about fatigue and how they would manage? Described 'it feels like sand is running through my hands'.

Support

Through coaching developed a plan to help manage conflicting priorities and a return to work. Gave time and space to talk about a phased return plan, all whilst considering his ongoing health barriers.

Accessed support from Talking Therapies and the Citizens Advice Bureau.

Outcome

Phased return completed. Now engaging with more services for additional support. Feels more optimistic and able to cope with challenges and decision making.

'Thank you for all your help and support during this year it was enormously helpful initially, supportive during periods of change, and more recently very encouraging in a general way as matters became more settled. All very much appreciated.'



WorkWell Health & Work Coach Case Study



Background

Referral into WorkWell by the Social Prescriber at GP surgery who was also supporting the patient. On referral G was signed off not fit to work from two part-time jobs and was due to return to work soon.

G shared has a history of poor mental health and was experiencing increased anxiety and stress about returning to work. Self diagnosed with Chrometophia; has intense anxiety, fear and panic when confronted with money and/or financial situations. Is a Carer for a family member and daily routine is managed around this role. Circumstances with Universal Credit were also causing anxiety.

G was keen to return to work but was concerned about fatigue and would he be able to manage? G felt coaching from WorkWell would help with the return to work.

Initially G described feeling overwhelmed - ‘it feels like sand is running through my hands’.



How we helped

Initial coaching sessions were used to help identify what his priorities were. G talked about one of the jobs with enthusiasm; it was clear he took great pride in his work. Together we talked about a phased return and what hours/day would suit him. Employer was supportive in sessions we reviewed how it was going – how he felt, what he was managing to do and his achievements.

The coach encouraged his work with the Social Prescriber, which he really found beneficial for himself and his family. Was now in contact with Carers Links and other organisations.

G referred into Talking Therapies giving him the opportunity to talk in more detail about his health barriers and life stressors.

To help manage the UC circumstances – what would help? G attended a CAB Drop In and was assigned a Case Worker. Through coaching G was able to share freely about his anxieties around this while he was managing a phased return.



The outcome

Phased return was managed - gradually eased back into part-time hours. Upbeat and smiling about the joy and satisfaction he felt.

Through coaching G identified the positives and negatives of the other part-time role, realised the job was causing him added anxiety. The outcome he resigned and expressed feeling a lot lighter and relieved. This gave more time to spend with family; days out and short breaks were planned.

Shared able to think more clearly and rationlise his actions and beliefs about how he feels. Was more engaged as coaching progressed seeing positive outcomes from his actions and decisions really helped to improve his mental health.

‘Thank you for all your help and support in WorkWell during this year it was enormously helpful initially, supportive during periods of change, and more recently very encouraging in a general way as matters became more settled. All very much appreciated, thank you’.