

Case Study Example

Trevor is a 2nd year apprentice. His company has recently joined you on the work site. Over the past 4 weeks, you have developed a good working and personal relationship. You both have similar hobbies and interests, and both are tight with your families.

Over the past 2 weeks, you have noticed Trevor becoming increasingly quiet and withdrawn from everyday work conversations. You also notice his attention to detail in his work has dropped significantly in the past 2 weeks and he has also missed a few days at work. Finally, Trevor becomes very upset when an order for work materials doesn't come through at the expected time. He starts swearing loudly and walks off site for an hour, telling no-one where he went.

When he comes back, you ask him how he's going. Trevor replies that his partner has unexpectedly moved back to her hometown and is not returning his calls. Trevor states that he's had difficulty sleeping for the past week, constantly bombarded with negative thoughts about being single again and not being able to cope and has a tight chest all the time.

Trevor stated he is not quite sure what to do next.

How could you help Trevor?

- See a GP about getting an assessment on his MH
- Get a MH plan through to reduce costs of seeing an Allied health professional
- Tell him about OzHelp services (counselling) which is free
- Explain what counselling is
- Ask him if he's talking to anyone else about these issues
- Give him no. for lifeline
- Skills and resources (keeping up the mtbing, football, socialising)
- Highlight Personal supports (family, mates that he could possibly talk to)