

CASE STUDY 1

Danni is worried about her girlfriend Femi. Femi's mum died a few years ago now but Danni feels anxious when she tells Femi about any rows she has had with her own mum, or about something nice that her mum has done. Danni and Femi do talk quite a bit about things and Femi has taken Danni to visit her mother's grave. Danni just feels that sometimes she might say or do the wrong thing, like when her mum took her to buy a prom dress, Femi came with them but she looked sad all day. Danni feels guilty that she's close to both her mum and dad, and she doesn't know how to make it ok. She knows everyone thinks Femi has 'moved on' but Danni is aware that that's not really the case.

CASE STUDY 2

Amy's brother died by suicide last year. She is still sad every day, and she can't see the point in much any more. She truants school and has started to drink alcohol quite heavily. She has different friends now, as on some level, she just can't face the questions about whether she ever had an idea what her brother was about to do? On occasions she takes drugs as it seems to help her to forget for a short while. Her parents have split up since her brother died and her mum insists on keeping everything in his room unchanged and just as it was the day he died. Amy feels like her life stopped that day too.

CASE STUDY 3

Amir's father was a member of the UK Armed Forces and six months ago he was killed by a roadside improvised explosive device. Amir has worked really hard to step up and help his mother and three younger brothers and sisters. He wants to be a Lance Corporal too in memory of his father. His mother is really unhappy about this choice as she says she can't lose her son as well as her husband. Amir feels trapped. When he is at school, Amir sometimes finds his heart is racing and he's sweating. He usually says he feels unwell and leaves the room, but his mates have started to notice. He just wants to get away. He also feels that if he could get a job that might help with money issues too.