



Surviving or Thriving: Jane's story

Jane is a support worker who has been becoming increasingly low and stressed over the last few weeks. She is a good worker and the change in her has been noticed by her workmates and manager. When asked what was going on to produce such a change, she burst into tears and explained that she was struggling with issues at home, trying to look after an elderly mother, and concerned about one of her children who seems to be angry at her all the time. On top of her job which she enjoys, but is demanding and low paid, this just feels too much at times. There are constant changes of staff and, as someone who has been in the job a long time, she is called on to mentor new staff. Given everything she is dealing with at home, she feels at times like running away.

Her Manager suggests she might seek some counselling to give her a place to talk about all the competing demands on her, and to look at how she can learn to manage better, for her own sake. Her Manager is keen to support a valued member of

staff and to safeguard her mental wellbeing, and allow the Care Service to continue to be able to have Jane as a staff member. The Manager makes a referral to "Working Minds", a North Staffs Mind service offering employers the ability to offer 6 sessions of therapy, at relatively low cost and without the individual worker having to wait.

After only 5 sessions, Jane is now much clearer about what she can do to look after herself, and has been able to speak to her family members about sharing more fairly the care of her mother. She has also gained some insight from talking to the counsellor about what may be going on in her relationship with her angry son. They are now talking more, and tension is easing. She has also been able to say to her Manager that she would prefer not to always be the one to mentor new staff, and this has been taken on board. She feels much more in control and has decided that she will finish the therapy at session 5.