

## Complex PTSD Case Study

Linking Leeds is a citywide 'social prescribing' service predominately based in local GP surgeries. Social prescribing involves helping patients to improve their health, wellbeing and social welfare by connecting them to community services which might be run by the council or a local charity. Each of our Wellbeing Coordinators provide a person-centred approach, where the key focus is to establish what is important to the person, and what barriers or disadvantages they may be facing.



## What we are doing

### Complex PTSD Case Study

The client was referred by GP following unsuccessful medical treatment for depression and PTSD. The service user wanted an outlet where she can explore her trauma and finally begin to come to terms with it.

The service user disclosed years of childhood sexual abuse, followed by further years of domestic violence relationships ending in the service user struggling to maintain her mental health. Despite trying medication and CBT, she still felt that these issues were unresolved and were a barrier to achieving happiness.

Together we discuss her experiences and highlighted what she as an individual has or may benefit from and what were her barriers to entry.

the support ***“really helped me to get my head sorted”*** and believed she ***“was listened to”*** and appreciated ***“having someone who cared about what I was going through”***.