



Kooth plc
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Case Study - Rotherham

Age: 21

Ethnicity: White British

Gender: Female

Background

- Louise* reached out to Kooth because of struggles with anxiety; particularly health anxiety and experiences of panic attacks.
- This is having a negative impact on Louise's daily functioning as she has been off work sick for two weeks and is only seeing her friends and boyfriends if they come to visit her.
- Louise is fearful about having a panic attack away from home. She currently can't imagine being able to return to work.
- To avoid experiencing uncomfortable feelings and emotions, Louise is mainly staying at home. Louise feels safe when she has panic attacks at home.

Risks & needs assessment

- Louise confirmed that she does not have any thoughts about hurting herself due to being so concerned about her health.
- Equally Louise does not have any suicidal ideation, in fact harming herself is one of Louise's biggest fears.
- Louise was assessed as low risk as she did not present with any risky behaviours.
- Louise came to Kooth to share her story and understand what help she can get.

Intervention

- Louise was offered a safe and supportive space to explore her thoughts and feelings.
- Louise was able to talk about her anxiety and explore the ways it was affecting her in greater depth.
- Different strategies were discussed to help Louise manage her anxiety, including breathing and grounding techniques.
- Psycho education was used to explain the purpose of anxiety and Louise was encouraged to keep talking to others about how she is feeling.

- Due to having physical symptoms, Louise has been to her GP for blood tests and an ECG, in which there were no health concerns.

Safeguarding

- There are currently no safeguarding issues.
- This continues to be assessed with every intervention Louise has with Kooth.
- Steps would be taken to manage any risk identified and crisis information would be shared

Outcomes: Goals and other observed outcomes

- Goals set and movement:
 - Return to Kooth to and keep exploring my thoughts and feelings
 - To keep daily diary of physical and emotional feelings
 - To do mirror exercise morning and night to help remind myself that I am OK and well.
- After chatting with a practitioner Louise feels more comfortable asking for help outside Kooth. She also feels she is making progress to find ways to help herself.

Conclusion

- Louise reached out to Kooth due to struggling with anxiety and this having a significant impact on her everyday life.
- Louise has spoken in more detail about the anxiety and started to explore a range of different coping mechanisms.
- Louise knows she can reach out to Kooth when she wants some support and to update us on how she is doing.

***Louise is a pseudonym**