

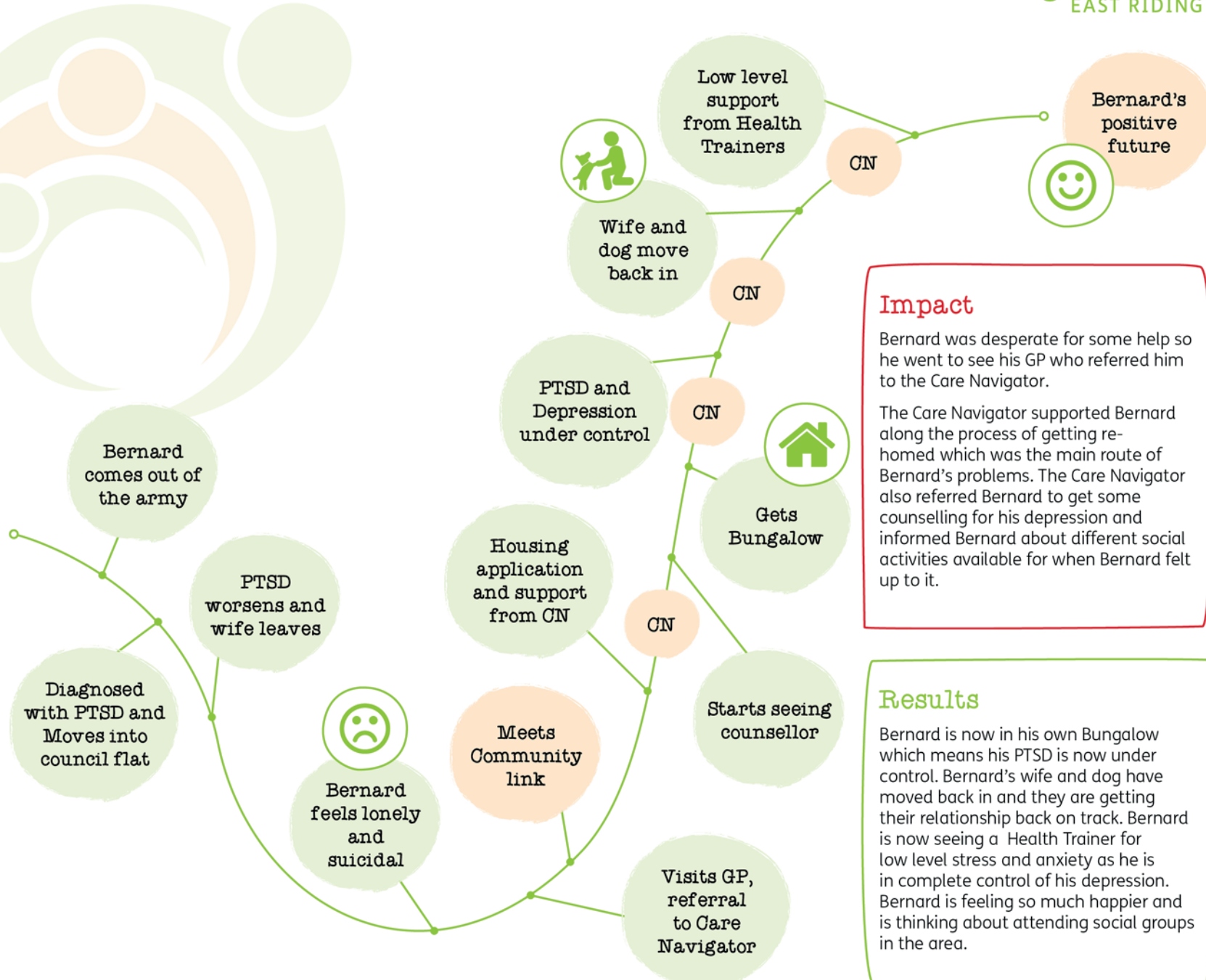
## Bernard



### Profile

Bernard was previously in the Army. After Bernard came out of the Army he was diagnosed with Post Traumatic Stress Disorder. Bernard was living in a flat with his wife provided by the council. The lady living above Bernard and his wife was constantly shouting, screaming, throwing things and had a dog that barked the majority of the day and night.

Bernard's PTSD reached the worst it has ever been due to these triggers and this meant Bernard became a danger to his wife so she had to leave the flat and their relationship broke up. Bernard was then left alone in his flat and became very lonely and depressed and couldn't see an out. Bernard had thoughts about ending his life and didn't know where to turn.



### Impact

Bernard was desperate for some help so he went to see his GP who referred him to the Care Navigator.

The Care Navigator supported Bernard along the process of getting rehomed which was the main route of Bernard's problems. The Care Navigator also referred Bernard to get some counselling for his depression and informed Bernard about different social activities available for when Bernard felt up to it.

### Results

Bernard is now in his own Bungalow which means his PTSD is now under control. Bernard's wife and dog have moved back in and they are getting their relationship back on track. Bernard is now seeing a Health Trainer for low level stress and anxiety as he is in complete control of his depression. Bernard is feeling so much happier and is thinking about attending social groups in the area.