

Physical Health

User Case Study: Qwell

Background

Anne accessed Qwell for help to address her binge eating which was a response to the strain of coping with depression, stress and anxiety. Underlying physical health issues related to Fibromyalgia was at the heart of Anne's low mood. She also described escalating work related stress as a further factor in her feeling very stuck..

Service User Feedback

" It's been really useful to understand past events in my family and how they have got me to this point. It's given me lots to think about and look to change"



Engagement

Anne was assessed by practitioners and has begun structured counselling chats with one of our team. Psychoeducational material has been explored to help Anne better understand her cycle of binge eating as a response to anxiety about a number of specific triggers which have been identified. Anne realised she was struggling to find time for self-care. She has begun to consider what responsibilities she needs to reduce or step away from to reduce her sense of overwhelm and exhaustion. Mindfulness techniques were introduced to add to Anne's pain management tools.

Risk & Needs

Anne was not assessed as being at serious risk to herself but her binge eating and the impact of this on her health was monitored in chat sessions.

Safeguarding & Wellbeing

Anne is starting to reduce her binge eating in the evenings and is contemplating further behaviour change. She has spoken about having a healthier diet and lifestyle and further support is being provided to identify small achievable goals towards this. Planning small steps for Anne to try out worked well in getting her to start making a few key changes to her routine.