



£ £ John held a senior job working in the banking sector



One day there was an accident at work which left John with Post Traumatic Stress Disorder and he had to leave work

John's Journey
A story of a man who accessed Healthy Minds Services and what could have been.



John's relationship with his partner started to breakdown; eventually they separated



John went to his GP for support. He felt judged by his GP, but was put on a waiting list to see a counsellor



John had no job, no partner and no money: he felt like he had lost his identity and his depression got worse

Rather than waiting to see a counsellor, John searched the internet for other support options and found Healthy Minds



John decided not to go to Healthy Minds and decided to wait to see a counsellor

John continues to access GP whilst waiting for counselling – he stills feels judged and his self-esteem decreases

£650



John started to attend Healthy Minds recovery course and talked about his depression and experiences



John starts to make new friends through Healthy Minds and started to socialise with people outside of the groups

£1,850

John's confidence started to increase and he decided to start regularly volunteering with other charities that needed support

£1,195

£2,357

Going to Healthy Minds helps John to feel accepted as a person again

£3,753



By attending Healthy Minds and doing regular volunteering, John's overall mental health and wellbeing improved

£44,237

John's mental health continues to deteriorate. He stops looking after himself, stops paying his bills and is eventually evicted from his home

£7,095

John is placed in a hostel; unable to function in this environment John attempts suicide and is hospitalised

£16,380

£2,656

John is discharged from hospital, moves into supported housing and accesses the Community Mental Health Team on a weekly basis

£3,510

John eventually finds long term accommodation and his mental health starts to improve

Total cost:
£30,291
Social value:
£0

Total cost:
£1,569
Social value:
£53,392

John continues to engage with Healthy Minds and volunteer for other charities. He continues to socialise with friends he's met through Healthy Minds, his confidence continues to grow and his mental wellbeing continues to improve.

What did happen — (blue line)
What could have happened — (black line)