

## **Charlie Case Study (name changed)** (*Transcript of interview*)

**Charlie** - “So basically I was really unhappy at home and I guess before that I used to get bullied at Primary school a lot so I didn’t have much confidence. I used to seclude myself and there used to be a lot of arguments and then something big happened; my mum and dad split up so I guess that led to me not being very happy and being secluded from everyone and me pushing people away. But since then I’ve been able to talk to people, even before that, a decision I made, came down a lot on me, I was thinking about it for a very long time. And when it came to me, doing what I did.... I had got a bag, I had emptied the bag and I had put clothes in it and stuff I needed and then I hid it outside my house and then my mum found it and I felt sick. I was trying not to say something, so when she found it I didn’t know what to say, so I just cried and that’s when she wrote a note in my book asking my Head of Year if he could get me some help and so I could talk to someone. I started to talk to him about things and I guess in a way that helped a lot just knowing I could talk to someone and then he introduced me to you sir [*David Hancock the CRiBS unlimited mentoring coordinator*] and then you got me Irene to talk to and since then I’ve been able to talk to her and that’s made me feel more confident as a person because every time I talk to her it feels like a weight has been lifted and I feel free and I can express my emotions more, I can be happier when I want, I can be more confident in what I do and who I am and that was a big thing for me because before I used to go straight up to my room and ignore everyone but now I try and make an effort to go downstairs and help. Whether that be for 5 minutes just talking to my mum helps as well, I know she’s there now I can talk to her but without Irene to talk to I probably would be in the same position always thinking about things and that was hard. It just didn’t make sense until I started talking to someone and then I felt better about myself and I guess that’s helped me a lot today to become the person who I am now because I have more friends, I talk more with my family and instead of pushing people away I let them in closer to me so then I can talk to them and tell them things, I’m a much happier person now. My confidence is a lot better so I can talk to my friends a lot more than I used to cause back then I didn’t really call them friends I used to call them “people I just know” I didn’t really call them friends but since then I’ve been happy to call them friends because I know them well now, I know them well enough to know what their favourite colour is, what their favourite subject is, I know them well enough to know that whereas before I used to push them out. I didn’t like them, I didn’t accept them, I guess that was mainly because that’s how I felt, but now I feel happier so I talk to them a lot more than I used to and I’ve made more friends, I’ve built more bridges and I felt like that I was me again.”

**David** - “Describe that feeling of feeling like you’re ‘me again’.”

**Charlie** - “It just felt like I could talk to people again, I used to be very happy and that’s how I feel now and I used to help a lot people, I can do that again now because I felt broken and now I’m fixed, I feel fixed.”