

Service User Testimonial

Caroline, Changes service user

Caroline was referred to the Change service from Folly Hall. She was at risk of re-offending, showed signs of personality disorder and had always struggled with severe anger issues since she was a teenager.

“I was struggling with life in general, my kids were at home and they weren’t helping with bills or around the house. I was secluding myself and not coping; the smallest thing would make me lash out and I felt really angry with everything.”

The Changes service is a female only support service based in Kirklees for women who have complex needs including substance abuse. Group work is seen as a vital element to recovery. Caroline didn’t think the service would help her with her problem as nothing in the past had seemed to work but she was desperate and said she’d give it a try.

With the help of her support worker, Caroline started to attend groups which helped build up her confidence and self-esteem. Being able to open up and talk to others, particularly women in similar situations meant she was able to get some of the issues off her chest and realise that she was not the only one struggling with these mental health problems.

“I found the relationships group particularly helpful; it made me think about past relationships and opened my eyes to how difficult they were for me and made me think about the way I should deal with and approach existing and new relationships.

The Changes service has really helped me and they really understand what is needed. My confidence and self-esteem have improved, I have more awareness and am not losing my temper as much, people have commented on how much I’ve changed.”

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