

Episode 3

- 1) George is a sixteen-year-old boy who was admitted for suicidal attempts.

While he was away from home at college, the stress from being away from home along with his scholarship status was too much for George. He later on decided that it was best for him to leave the college he was at and to attend college closer to home. He was on a scholarship for college rugby. George throughout the episode had a lot of support, and he was especially close to his biological father.

Matty is a seventeen-year-old boy who has depression and hears negative voices in his mind. Matty was always wearing a hat and had difficulty during group sessions. He would often hear the negative voices during the session and storm out of the room. The voices told him that someone was going to kill him on his eighteenth birthday, so his paranoia was at an all-time high.

- 2) Two problems for George is that his anxiety is very high and that he has suicidal thoughts. Two nursing interventions that I would implement are to administer anxiety meds and encourage him to attend therapy group sessions. Goals for George would be less anxiety and more positive thoughts about his dream sport. Support groups available for George are HopeLineUK, Friends for Survival, Survivors of Suicide, Survivor Support Program, Support After Suicide, etc.

- 3) Two problems for Matty are that his thoughts are very aggressive and that he believes no one is there for him. He had difficulty in the group session when writing out a list of people who cares about him. Nursing interventions to implement would be to help him cope through those negative voices by doing distracting activities during the episode, and to encourage him to continue to

attend group sessions as a way to push through the negativity. Goals for Matty would be to open up more during group sessions and to relieve his depression. Support groups available for Matty would be National Institute of Mental Health (NIMH), Anxiety and Depression Association (ADA), Recovery International, The Balanced Mind Foundation, etc.

- 4) In this episode, Beth finally allowed the film crew to film her weight being taken. Beth was allowed to eat on her own unsupervised and was allowed more home leave. During her leave she attended dance, and eventually wrote her own book about mental health. She had a little mishap the night before she was getting discharged and ended up self-harming herself. That pushed her discharge date twelve days further, but in the episode she said that self-harm no longer helps her, so she thinks that is a sign that she is getting better. Finally, after six months at the facility, she was free to go home.

References:

The Bark Team. (2017, Sep. 15). *Top Ten Suicide Prevention Organizations and Resources*. <https://www.bark.us/blog/top-10-suicide-prevention-resources/>