

Care Opinion Case Studies

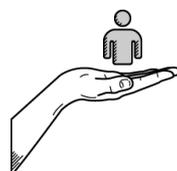
We are working with Care Opinion to demonstrate the real stigma and discrimination people experience in the health and social care sector, as well as the good practice which is ensuring people get the help and support they deserve.

Inappropriate Attitude

“I was a patient in a mental health ward to keep me safe from self harm and suicidal thoughts. I had already been in a few times in the weeks previously, after I tried to take my own life and self harmed on multiple occasions. One of the nights when I felt like harming myself I spoke to a nurse who told me that it was my decision if I wanted to harm myself and left me without helping me or giving me any support. I ended up in A&E.



“Another incident was the day before I was discharged I said I was leaving to kill myself and was told that was my decision to make as long as I didn't do it on the ward. I told the nurse exactly how I felt and once again they left me without any help. I again made an attempt to take my own life. It didn't work so I went to seek help again.



“The nurse took me into a room and told me that my behaviour is unacceptable and to ‘stop the carry on’ and that ‘any more of that behaviour’ and I would be discharged that day. The attitude of this nurse towards me was inappropriate.

“After having really bad night terrors about traumatic events that had happened to me I was told to be quiet and stop the stupid carry on. They told me to get back to bed without giving me any help.”



Professional's Response

I am really concerned to hear what you have went through as an inpatient in one of our mental health wards.

I would like to check and make sure you are alright, so it would be really helpful if you could get in touch.

You can find the latest stories at <https://www.careopinion.org.uk/> and searching 'mental health', or checking out our website <https://www.seemescotland.org/health-social-care/>

