



Priory Hospital Chelmsford

Depression case study

A 65 year old man was referred for an assessment at Priory Hospital Chelmsford with no previous mental health problems.

His mental wellbeing had begun to deteriorate over the past several months in response to work related stresses – resulting in him taking time off work sick.



He was referred to Priory Hospital Chelmsford when increased lack of sleep started making him more and more depressed. He wasn't eating; he was struggling to carry out basic daily activities, including tending to his personal care; he had withdrawn from friends and was isolating himself.

Every day tasks started to take him a long time to complete as he started to slow down. His cognitive functioning and thoughts also started to deteriorate. He was having suicidal ideation but there was no evidence of any plans or intent and he was managing these thoughts by distraction.

He was offered an inpatient admission at Priory Hospital Chelmsford, but he declined this as he wanted to stay at home. Therefore we referred him urgently for intensive psychological therapy at our day hospital, to meet his wishes.

At day care he participated in the depression and anxiety groups over a course of 8 weeks which included psychological treatments such as cognitive behavioural therapy. A course of antidepressant medication also commenced and with the combination of both, his mental state started to improve very quickly.

After only a few months, he is now fully functioning as he was before his onset of depression and leading a much happier, fulfilled life.

*Names and images have been changed to maintain confidentiality.