

Sean's story (21)

Sean suffered from depression and found it difficult to get out of bed some days. He had very little motivation and did not have a job or any qualifications. After staying with Hyped, Sean is now taking up a full-time job and is feeling much more positive.

Sean has been a Hyped resident for four years. He came to Fortuna House when he was 17 as a result of a family breakdown. He had left school with no qualifications, and was not in education, employment or training (NEET) for two years during his stay. Sean suffered from depression, and as a consequence had very low motivation, poor sleeping patterns and stayed in bed most of the day. He yo-yoed from high support to medium support. Hyped staff helped him tackle his depression and issues around his family.

In the last year Sean has completed level one literacy and numeracy at BCHA's Learning 744 and is now employed by Sequel Foundations (the social enterprise BCHA set up in 2006). He is up bright and early every day, and proudly tells his support worker that he has not been late once for work. Due to his efforts, he will take up full-time work with Sequel after initially being employed for only 16 hours a week.

Because of Sean's determination, he has turned his life around. He now wants to live independently and Hyped staff are helping him find his own flat through the BCHA's rent deposit scheme. Sean is very positive about Hyped and even joined the Hyped Youth Panel (HyP).

Sean says: *"Hyped have always been there to help me out, when I've needed it the most and felt really crap."*

