# Secondary mental health case 10: Jasper Ellis

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| **MENTAL HEALTH OCCUPATIONAL THERAPY****Name:** Jasper Ellis **DOB:** 01/10//1999**Address:** 119 Benjamin Court, Red River**Case Number: MH**0010Mr. Jasper Ellis has been diagnosed with agoraphobia and is currently struggling to leave his house. He lives with his mother (Dianne), and sees his father (Chris) on a fortnightly basis. His agoraphobia has progressed to the point that he no longer attends school, and now spends most of his days on his computer in his bedroom. Jasper is concerned that he will have a panic attack while he is in public, which has occurred in the past. However, he very much wants to be with his friends at the local skate park, as participation in this sport is very important to him. Jaspers is in constant contact with his former school friends on social media, but only sees them face to face 1-2 per month. Jasper is linked in to his local youth team, and has a key worker who sees him on a weekly basis. He has declined medication from the family GP, but enjoys his time with his youth worker because they share a love of skateboarding. Please complete the following tasks:* Research strategies to help Jasper manage his fears so he can see his friends outside of the home more frequently.
* Research three online mental health resources for young people with mental illness (which include some form of online contact or communication), and assess their potential usefulness to Jasper.
* Post these documents in the case conference forum in the LMS
* Report back at case conference
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**Notes:**

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