

### Case 1: Lena, 45

Lena is a 45 year old woman diagnosed with recurring depression. Her father had alcohol problems and her mother was often bedbound due to depressive moods and made several suicide attempts when Lena was an adolescent. She was sexually abused by her older brother. Lena had problems at school, and as an adult she had difficulties keeping jobs and an apartment. She has been prescribed different antidepressants and tranquilizers since her early twenties, with very little effect. She has two adolescent children, both of whom are placed in foster care.

At the moment, Lena is looking for a place of her own through the social services. Currently, she is renting a room from a man with severe alcohol problems, and she is not allowed to keep her beloved dog there. Lena also says she needs psychotherapy, but the psychologist at her local psychiatric outpatient clinic says she is not ready for it, as her living conditions are too unstable, and because she still overconsumes prescription-tranquilizers.

### Case 2: Bruno, 60

Bruno was a 60 year old man who had lived his entire life with his parents, and worked at the family-owned farm. Two older sisters had moved and started families of their own.

When his father died, and a few years later his mother, Bruno became increasingly passive, started neglecting his hygiene, did not eat properly and lost weight. His sisters suggested he move into the town where they lived and helped him get an apartment through the social services. When all of the furniture and his belongings had been moved to the apartment, the social secretary went to the farm to pick up Bruno, but he was not to be found. Eventually, the social secretary found him in the stables, where he had committed suicide by hanging.