

Case Studies for Child Mental Health Issues

Case 1: Suma is a 15 year old girl rescued from sex trafficking. She is at the girls' home and reports that she is unable to eat, sleep or focus on activity as she feels fearful and restless all the time, that she keeps seeing scary images all the time. She also cries a lot and frequently gets into fights with the other girls.

Case 2: Vishnu is a 14 year old boy_is at the boys' home. He was found at a railway station. Each time he is asked where he is from/ his family's whereabouts and other details, he gives different information. He is also observed to be doing dances for other children, using somewhat sexual moves. He offers to work for you, saying he can make you tea and wash dishes.

Case 3: Ravi is a 10 year old boy who has run away and come to the boys' home for the 4th time. He says that he quit school a year ago because it was boring and that he was always getting into trouble with the teacher for going in and out of class. He also says that his parents beat him a lot and so, he does not want to live at home any longer, and that he prefers to be out of the house anyway.

Case 4: Meera is a 16 year old girl who was sent to the city with the promise (by someone in her village) that she would be sent to school. Instead, she found herself put to work for 2 years by family in the city. She was given no time off, not sent to school and often denied food. She is now in the girls' home, crying all the time, having difficulty with eating and sleeping, disinterested in all activities that the home does; the staff report that she does not talk to anyone or play with anyone and that she has attempted to cut herself too.

Case 5: Rani is a 12 year old girl who is in the girls home. The staff report that she nearly every other day, she suddenly 'loses consciousness' and often complains of a stomach ache. However, the medical check-up shows that there are no serious medical issues. Rani was rescued by childline after she was sexually abused by her step-father.

Case 6: Nitin is a 16 year old boy who has run away from home. He lived on the street for a year before he was rescued and placed in the boys' home. He often beats and bullies younger children in the home; he has contacts who help him access alcohol and cannabis even in the boys' home. He is the leader of a gang in the boys' home and he encourages the group to break windows etc to meet their demands as well as to consume alcohol/ smoke cannabis.