



Press Release

Immediate Release

2 September 2025

Nottinghamshire patient shares powerful journey of recovery at Cygnet Sherwood House

A Nottinghamshire man has shared his journey of loss, addiction and recovery in the hope of raising awareness of mental health and reducing the stigma around conditions such as schizophrenia.

Corey, a patient at Cygnet Sherwood House in Nottinghamshire, has spoken openly about his experiences, from the heartbreak of losing his younger sister to finding hope and stability through the care and support he received at the Cygnet Health Care service.

“I had a good upbringing; both my mum and dad took care of me and my five other siblings. Until the unthinkable happened to my youngest sister, Jorja Rose,” Corey explained.

“On the 4th April 2016 she was diagnosed with a rare brain tumour. She battled it for 18 months until she passed away on the 21st October 2017, she was only two years old. It left us all heartbroken and with poor mental health. When I was 17, my psychosis symptoms started.”

Corey was just 14 when Jorja passed away. He was referred to CAMHS (Child and Adolescent Mental Health Services) after beginning to self-harm as a way to cope with his grief and anger, and took part in bereavement work where he was told he had something called complicated grief.

As Corey got older, he began drinking socially with friends at weekends, which gradually escalated to drinking alone. One evening, a friend encouraged him to try drugs, suggesting it would help him feel more in control.

“At first, it made me feel more confident, but gradually I began to rely on it to cope,” he said.

After a few months, Corey's mental health began to decline rapidly. He started experiencing unusual thoughts and feelings, believing that others could read his mind or control his thoughts. Recognising that something was wrong, he went to his doctor for help, was prescribed medication and sent home.

Not long after, during a particularly difficult time, Corey felt extremely distressed and made an impulsive decision to harm himself. Almost immediately, he regretted it and sought help from a family member, who quickly got him to hospital.

"When my mum arrived, she told the doctors, 'That's not my son, something is very wrong.' At that point, my mental health had deteriorated significantly, and the team explained that I needed specialist care and arranged for me to be admitted to a mental health ward."

Over the next couple of years, Corey spent time in and out of different hospital settings. He continued to experience paranoid thoughts which made him distressed and sometimes led to violent reactions, which, at the time, he believed were the right thing to do to protect himself and others.

During this period, Corey worked closely with a Community Psychiatric Nurse (CPN) who helped him gain insight into his illness, initially diagnosed as drug-induced psychosis, later changed to Paranoid Schizophrenia and Emotionally Unstable Personality Disorder.

In April 2025, Corey moved to Cygnet Sherwood House, a specialist service providing rehabilitation for men with mental health needs.

"When I first arrived, I spent a lot of time in my room, I didn't really want to engage with the staff or eat meals in the dining room.

"I soon realised that I could talk to the staff when I felt paranoid about something or had a thought in my head, I could go and tell them and it helped me a lot. The doctors here also reviewed my medications. All of the staff here are really reassuring, they are always there for you."

Corey is now making significant progress. He has started joining in with the psychology group, occasionally takes part in a walking group, and enjoys activities run by the Occupational Therapy team. He is also enjoying taking supported leave.

"I'm enjoying taking leave, I like to go to Nottingham when I can as it's comfortable and familiar for me. I also take leave with my family now, which I love to do."

His recovery has helped him make more progress than he ever expected.

"Being in a rehab ward has helped me even more than I thought it would. I feel like I'm making really good progress, as I'm no longer paranoid, I don't hear voices anymore, and I'm feeling more like myself again."

Looking to the future, Corey hopes to use his experience to support others and challenge misconceptions about schizophrenia.

"In the future, I'd love to be an Expert by Experience and use my lived experience to help others. I feel like it will help me turn something negative into something positive.

“There is a lot of stigma about people with schizophrenia - that we are dangerous, but actually, we tend to be scared of everyone else and what might happen to us. I would like people to better understand the illness and judge others less.

“I want to share my experience to reassure people that it's possible to be somewhere like a PICU, and still be able to turn things around. You can come back from anything if you put your mind to it.”

Cygnet Sherwood House, part of Cygnet Health Care, provides specialist rehabilitation for men with complex mental health needs, helping patients build confidence, develop independence, and prepare for life beyond hospital. It is based on Rufford Colliery Ln, Rainworth, Mansfield.