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DA/KM/12444

PRIVATE & CONFIDENTIAL

Consultant Psychiatrist
Enfield Mental Health
Triage Team

Chase Farm Hospital

URGENT

Dear Doctor

Re: Mr. Simon Cordell DOB: 26-Jan.,1981 NHS No: 434 0961671
109 Burncroft Avenue, Enfield. Middlesex. EN3 7JQ Tel No: 07961833021

Thank you for seeing this 33-year-old Afro-Caribbean man. He gives a history of symptoms of anxiety and depression, which have been on-going for a few months. His symptoms have progressively got worse and he has been having some suicidal thoughts, although he has not made any concrete plans to do anything. He says that the only reason he has not acted on these suicidal thoughts is because of his ex- patient and family.

He is currently involved with the criminal justice system and is -currently - on probation. He is under curfew and there have been imposed- restrictions on his movements. He says he is finding it very difficult to cope with the conditions of his - sentence, mainly the confinement t, his home. He says that his relationship with is partner appears to have broken down because of what he describes as the tough - conditions of his probation. He continues to feel very low and anxious when he is confined- to his home. - He is having difficulty sleeping.

He has had problems with depression in the past and was referred to the psychiatric services in 2011s. He has agreed to commence anti-depressant medication today in the form of Sertraline 50mg once daily. He requested some sleeping tablets and I have given him 10 tablets! of Zopiclone 3.75mg 1-2 tabs nocte to be used Infrequently.