

Doctor xx: Not in the past Simon.

**Simon:** No I have never taken medication.

Doctor: Never taken any medication.

Doctor: How was your desperation cured?

**Simon:** How was my depression cured, I meet and let the beautiful people in my life and they have helped me along the road and every time somebody else might go somebody else new might come along and help me.

Doctor: And has recently had you been feeling low in mood and depressed.

**Simon:** Recently I just wanted to get my civil liberty's back because they have been tarnished by the police because a section 63 what to a degree what they done is set me up for being my friends to black boys funny and I then new that I could have not committed the crimes that I am being accused me of and another police officer knows this and he is coming as a witness a superintendent is coming to talk.

"shh"

Doctor xx: What crime are they.

**Mother:** We do not want the police to hear.

**Simon:** Listen there is serious issues there in a lot of trouble.

**Sam:** I mean we are not here to talk about all the criminal aspects, what we are really concerned about are your mental.

**Simon:** I am Mental.

**Sam:** What I want to do.

**Simon:** I am defiantly not mental.

**Sam:** Questions that we ask everybody to help us understand your mental Health at the moment do you, have you got any racing thoughts do you find your thoughts going very quickly.

**Simon:** No all I find myself doing is working every day on my business plan if you want to see that I will show you.

**Sam:** that is fine and answer, their questions afterwards.

**Sam:** How is your sleep at the moment Simon?

**Simon:** I sleep perfectly 8 hours a day some time 9 and that is at the most some times I tend to stay up latter than what I do in the night, some times I tend to work better on the computer at night times when It is quite and every body is not making so much noise and there is not so much banging about Because I am doing a lot of writing so I stay up late some times it can change I can stay up a bit latter at nights but I then come back to the day time and make sure that I manage and every thing mi make sure that all my paper work and ever think Is In correct order things like that I need to do