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To be opened by addressee only

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NHS No. 434 096 1671

18th March 2014

Dear Dr. Abidoye

Re: **Mr Simon CORDELL-DOB: 26 Jan 1981**
109 Burncroft Avenue, Enfield, Middlesex, EN3 7JQ

New Assessment

Dr Jarvis (ST5), Mr Cordell, Mr Cordell's mother.

Diagnosis

Adjustment reaction - predominantly anxiety

Medication

Nil

Plan

1. If Mr Cordell would like to try medication Sertraline starting at 50mg for one week then increasing up to 100mg would be a good choice.
2. Crisis plan agreed with Mr Cordell if he feels like acting on his suicidal thoughts (call Crisis Team, or Samaritans or an ambulance).
3. Discuss with team at MDT for advice around sources of support.
4. Mr Cordell to consider psychotherapy to address problems from the past.

Thank you for referring this 33-year-old man with low mood, suicidal thoughts and anxiety. He attended an appointment at the Silver Street Clinic 11.03.14 with his mother Lorraine.

Mr Cordell explained to me that he is under a lot of stress at the moment due to a pending court case. He told me he is accused of burglary, but that he had been wrongly accused and the police had falsified items on his criminal record. He said that the record had led to the judge placing restrictive bail conditions including being at home in his flat after 8 pm. This has meant Mr Cordell has not been able to work for the last nine months (as he normally works as a DJ and party host with most work going on beyond that time). The bail conditions have just been extended for a further six months. Mr Cordell feels that these restrictive conditions have made him feel "a prisoner" in his own home.

Mr Cordell describes feeling anxious most days. He says he has a poor appetite and has lost "3 stone" in weight over the last 9 months. He says he often finds his thoughts are over active and will not give him any rest. Mr Cordell says he finds it difficult to get off to sleep, sometimes not until 5am, but then will stay in bed until midday. His mother says she has noticed him become "more aggressive" and trying to isolate himself from others.