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26 February 2014

DA/KM/12444

PRIVATE & CONFIDENTIAL

Consultant Psychiatrist
Enfield Mental Health
Triage Team
Chase Farm Hospital

URGENT

Dear Doctor

Re: **Mr. Sirtton Cordell DOB: 26-Jan.,1981 NHS No: 434 0961671**
109 Bwncroft 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-partner 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 to his home. He says that his relationship with his 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 2011. 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.