

*Dr. David Chow*

MB.BS.

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08/6/2024

Michelle Hookham

Ph:

Dear ,Michelle,

**RE: Jasmine Wilson DOB: 26 Dec 1951**

147 York Road, Penrith NSW 2750 .

Mobile Ph: 0468 832 790

Home Ph:

Thank you for seeing Jasmine Wilson for ongoing onscelling. I have done a new mental health care plan on her to see you under medicare for another 6 sessions.

**Medical History**

Occassional asthma

Food intolerances - gluten, sugar, dairy - make her feel mentally drowsy

PHx vit B12 deficiency, needs monitoring

Declines screening mammograms

**Allergies**

Honey Purified

**Current Medication**

No current medication recorded

**Current Conditions**

11/03/2024 ankle injury

27/01/2023 anxiety with depression

31/01/2020 lactose intolerance

31/01/2020 irritable bowel syndrome

**Past Significant Conditions**

No significant past conditions recorded

Yours sincerely,

  
Dr. David Chow

MB.BS.

P/N: 0370768H

# **MENTAL HEALTH ASSESSMENT & Referral – DEPRESSION AND ANXIETY**

I <Jasmine Wilson agree to the making of this Mental Health Care Plan.

Signed

*Jasmine Wilson*

Date: 08 June 2024

<b>Patient Name</b>	Jasmine Wilson	<b>OUTCOME TOOL</b>	<b>SCORE</b>
<b>DOB</b>	26 Dec 1951	K10	
<b>Date of Assessment</b>	08/6/2024		
<b>GP</b>	Dr. David Chow 115 Lethbridge Street Penrith NSW 2750	<b>Prov No:</b>	0370768H

<b>Problem/Diagnosis</b>
<b>Number 1 Depression</b>
<b>Number 2 anxiety</b>
<b>Number 3</b>

<b>Mental Health History / Treatment</b>	<b>Current Medications</b>
Long history and anxiety since COVID lockdown restricting social activities	No current medication recorded
<b>Family History of Mental Illness</b>	<b>Medical Conditions</b>
Sister has Schizophrenia, Doctor BPD	11/03/2024 ankle injury 27/01/2023 anxiety with depression 31/01/2020 lactose intolerance 31/01/2020 irritable bowel syndrome
<b>Social History</b>	<b>Substance Use/Lifestyle Factors</b>
Work Retired	Smoking per day
Friends	Alcohol per day
Support	Recreational Drugs per day
	Allergies
	Honey Purified

<b>Personal History (eg childhood, education, relationship history, coping with previous stressors)</b>
Child hood trauma, relationship issues

<b>Mental Status Examination</b>	<b>Relevant Physical Examination</b>
Appearance and General Behaviour ok	
Mood/Affect ok	
Thinking ok	
Perception ok	

Cognition	ok	Relevant Investigations
Attention	ok	
Memory	ok	
Insight	ok	

Risk Assessment		Key family contact/support
Risk of Self Harm	Ok	NII
Risk to Others	OK	

#### GOALS

Reduce overall level, frequency and intensity of anxiety.  
 Stabilise anxiety level while increasing ability to function on a daily basis.  
 Resolve the core conflict that is the source of anxiety.  
 Enhance ability to handle life's anxieties.  
 Alleviate depressed mood and return to previous level of effective functioning.  
 Develop the ability to recognise accept and cope with feelings of depression.  
 Develop healthy cognitive patterns and beliefs about self and the world.  
 Appropriately grieve any losses in order to normalise mood.

#### TASKS

To learn to identify cognitive distractions that generate anxious feelings.  
 To identify major life conflicts from the past and present.  
 To develop appropriate relaxation and diversion activities to decrease level of anxiety.  
 To identify irrational worries.  
 To increase understanding of beliefs and messages that produce worry and anxiety.  
 To learn how past traumatic experiences are causing anxiety in present unrelated circumstances.  
 To decrease daily level of anxiety by developing positive self-talk.  
 To implement thought-stopping techniques to interrupt anxiety-producing thoughts.  
 To identify anxiety coping mechanisms that has been utilised in the past and increase its use.  
 To assess the depth of depression and the need for antidepressant medication and suicide prevention measures.  
 To explore if suicidal ideation/urges are there and address these.  
 To identify source of depressed mood.  
 To learn to express feelings of hurt, disappointment, shame and anger that are associated with early life experiences.  
 To learn to express understanding of the relationship between depressed mood and repression of feelings – anger, hurt and sadness etc.  
 To identify cognitive self-talk that is engaged in.

Patient Education (please tick)	<input type="checkbox"/>	Date for Mental Health Plan 08/6/2024
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**THIS REFERRAL IS VALID FOR SIX SESSIONS**