

GP mental-health note

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Patient ID	P013	Document ID	P013-D01
Date	2026-08-10	Type	GP mental-health note
Author	Gp	Recipient	-

Date: 10 August 2026

Patient: Noah Williams

Age: 29 years

GP: Dr Rachel Moore

Clinic: Marsden Primary Care

Reason for contact

Six weeks of low mood and anxiety.

History

Known generalised anxiety disorder and recurrent depressive disorder. Lives with partner. Remains employed but has reduced work attendance. Reports poor sleep and reduced concentration. No current self-harm intent reported.

Assessment

Anxiety and depressive symptoms in the context of known generalised anxiety disorder and recurrent depressive disorder. Agreed to begin treatment with close early follow-up and psychology referral.

Plan

- Start sertraline 25 mg once daily, with planned increase to 50 mg.
- Early GP medication and safety review due 20 August 2026.
- Psychology treatment under mental-health plan, due by 31 October 2026.
- Safety-netting: use crisis and emergency services if safety concerns develop.

Medication changes

Sertraline 25 mg once daily started 10 August 2026; planned increase to 50 mg. Reason: anxiety and depressive symptoms.

Follow-up

GP review 20 August 2026. Psychology referral under mental-health plan by 31 October 2026.