

Psychology note

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Community Psychology Service

Psychology Note - Initial Session

Date: 17 August 2026

Client: Noah Williams (29 years)

Clinician: Psychologist

Reason for contact

Initial psychology session following GP referral under a mental-health plan. Presenting concerns are anxiety and depressive symptoms.

Background

Mr Williams has a history of generalised anxiety disorder and recurrent depressive disorder. He lives with his partner and remains employed, though work attendance has been reduced. A GP mental-health consultation on 10 August 2026 documented six weeks of low mood and anxiety, poor sleep, and reduced concentration. No current self-harm intent was reported at that time. Sertraline 25 mg once daily was commenced, with a planned increase to 50 mg. On 13 August 2026, Mr Williams reported nausea and increased restlessness after starting sertraline; he contacted the clinic before the planned dose increase. A GP telephone review that day noted symptoms were manageable, reviewed the safety plan, and delayed the increase so that he remains on sertraline 25 mg once daily. No current self-harm intent was reported.

Session content

Therapy goals were agreed. Sleep routine was discussed.

Clinical conclusion

Psychological therapy commenced.

Follow-up

Ongoing psychology treatment under the mental-health plan is planned, with a review date of 31 October 2026. An early GP medication and safety review remains outstanding, due 20 August 2026.