



The Heights Medical Centre

Suite 50, 200 Mirrabooka Avenue

Alexander Heights 6064

Phone: (08) 9247 9888

Fax: (08) 6102 3822

14/04/2022

HeadSpace

Headspace Midland

64 Morrison Rd

Midland 6056

Phone: (08) 9274 8860

Fax:

Dear Sir/Madam,

Re:

Mr Justin Nguyen

5 Flanders Place

Alexander Heights 6064

24/08/2001

Home Phone:

Mobile Phone: 0429055400

Thank you for seeing Mr Justin Nguyen, 20 yrs, with Mixed Anxiety and Depression Disorder. Subjectively he feels anxiety is the dominant symptom. He has poor social engagement, and is finding life a bit overwhelming. I would be grateful for your support as part of his mental health care plan. We have discussed medication as a complementary option. Although he would likely benefit from the improvement in mood, motivation and concentration, he does not feel ready to consider medication such as an SSRI. He is aware we can add this at any stage to optimise his recovery.

He will need the maximum 6 sessions available on this referral before next GP review.

Past Medical History

18/10/2004 Allergic Rhinoconjunctivitis

28/09/2018 Anxiety

20/02/2019 Right Shoulder instability

Medications

Allergies

Nil Known

Yours sincerely,

Dr Bruce Ella, MBBCh, BSc(Hons), FRCAGP, MRCGP, DRCOG, DFFP, DCH
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