

Glossodia Medical Practice

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Glossodia NSW 2756

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Dr Philip Dalley
MB BS FRACGP BSc (Bio)
5047755T

22/5/2025

Ms Michelle Hookham
Hawksbury Hospital
6 Christie Street
WINDSOR NSW 2756
Phone: (02) 4577-4435
Fax:

health @ michellehookham.com.au

Dear Michelle,

Re: Noah Godsell (DOB: 22/3/2000)
1116 / 480 Collins St
MELBOURNE VIC 3000,
Phone: 0474865213

Thank you for seeing Noah Godsell, age 25yrs 2mths, for opinion and management. Your continued care of him and his mental health under MHTP 2712 for at least another 4 visits is greatly appreciated. As you may note we have changed his medications around in an attempt to have better mental health with less side effects.

Past History:

Active:

Date	Condition -- Comment
2022	Vegan diet
2024	ADHD (attention deficit - hyperactivity disorder)
2024	Vitamin D deficiency
2025	Major depressive disorder

Inactive:

Date	Condition -- Comment
2000	Premature birth
	34/40
2004	Grommet insertion
2008	Asthma
2024	Drug induced Psychosis

Allergies/Adverse Reactions:

No known allergies/adverse reactions.

Current Medications:

Drug Name	Strength	Dosage	Reason	Last script
CLONIDINE HYDROCHLORIDE Tablet (Clonidine hydrochloride)	100mcg	0.5 nocte		20/02/2025
FLUOXETINE Disp Tablet (Fluoxetine (as hydrochloride))	20mg	0.5 mane for 6 days, then increase to a whole	Major depressive disorder	15/05/2025

MULTIVITAMINS & MINERALS [HERB VALLEY] Tablet		1 mane		20/02/2025
OSTELIN VITAMIN D3 Capsule (Colecalciferol)	1,000 units (25mcg)	1 mane	Vitamin D deficiency	29/08/2024
VOLTAREN EC Tablet (Diclofenac sodium)	50mg	1 t.i.d. with food for 1 week		17/04/2025

Should any of the above need clarification, please feel free to contact me on Telephone 0245767499, or E-mail me at

Thank you for your care and assistance. I look forward to hearing the outcome of Noah's attendance.

Yours sincerely,



Dr Philip Dalley.

MENTAL HEALTH PLAN

Patient Name	Noah Godsell	OUTCOME TOOL	SCORE
DOB	22/03/2000		
Date of Mental Health Plan	09/10/20204		
GP	Dr Philip Dalley		

Problem	Goal	Action/task (e.g psychological or pharmacological treatment, referral, engagement of family and other supports)
Number 1 Existential crisis with symptoms of psychosis and depression on B/G of ?drug-induced ?psychosis 13/6.	"To feel safe."	Psychotherapy. Medication.
Number 2		
Number 3		
Emergency Care		
Emma Godsell (mum) 0492 904 184		

Patient Education (Please tick)	Yes	Key Family contact/support
Copy of MHP plan given to patient	Yes	Emma Godsell (mum) 0492 904 184

I understand the above Mental Health Plan and agree to the outlined goals/actions.

Patient signature	<i>verbally consented</i>	Date: 22/05/2025
GP signature	<i>[Signature]</i>	Date: 22/05/2025

Date for Mental Health Review (between 1 - 6 months)

Notes

MHTP Plan 2715 09/10/2024: As much as not feeling as bad as previously, has had periods / episodes where that seems to have crept up almost towards that point again. Also feeling very fatigued through the day, but just starting to take medications earlier in the evening and regularly at the same time (instead of when remembering / at bed time.) Videohealth with psychiatrist, as well as previous GP Psychiatry Line help, align together, and currently both agree that more time is what's needed to allow SSRI to work optimally. Your continued care is greatly appreciated.

MHTP R/V #1 8/1/25: Thank you for seeing Noah Godsell, age 24yrs 9mths, for opinion and management. Your continued care of him and his mental health under PTS SOS R/V NBM 14421 is greatly appreciated. Of note he is still feeling tired and amotivated, however, is seemingly doing better than he was. He still finds staying at the gym hard, but it is easier to get there than previous. He is still tee'd up for admission at ?SJoG on 4/2/25. Given his sertraline is a likely candidate for his tiredness, it's also likely the thing to be doing the most benefit, so we're not changing that in the community as it'll likely be changed in the admission, but we have ceased his mirtazapine (and he will try to reduce dose to a quarter at night for a week before cessation) as it too can cause tiredness / fatigue.

MHTP R/V #2 22/05/2025: K10=26. Have changed medications with an angry day or few with switch-over, but since then hasn't had that as a side-effect. "I don't feel tired." Doing a show this evening, nervously excited. Hopefully continued use brings additional benefit with crasure of previous side effects.

