

## OPEN REFERRAL LETTER

**Patient Name:** Mr. Emanuele Manco

**Consultation Date and Time:** 06-07-2024, 10:12 am

**Date of Birth :** 12-07-1981

**Mobile Number :** 07745905221

**Address :** 10 Niagara Close Waltham Cross, United Kingdom, EN8 9HA

**Primary Outcome:** Referral Letter

**Secondary Outcome:** Clinical Psychologist

To Whom it may concern,

Please consider this an open referral for Mr. Emanuele Manco to be referred to a Clinical Psychologist.

A summary of the consultation leading to this referral letter is provided below :

**Diagnosis:** Work related stress - Med cert 06-20/07/24

and referral Clinical Psychologist for talking therapy

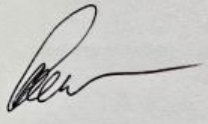
**Comments:** 42yo - in past week experiencing anxiety - panic attacks - insomnia - depression feelings - almost suicidal (no plans just has thoughts of not being here) - loss appetite - recovering from 2 operations not having any time off and lots of work related stress. Family bereavement - lives with Wife who is supportive - she is aware of how he is at the moment. He is fit and well - Gym regularly - active - Not usually like this - feels its just all built up and suddenly come out - Overwhelm - wanting to see if any help/sleeping tab meds etc - discussed limited prescribing on this platform so cant prescribe sleepers etc - recommend Nytol 1 at night (ask Pharmacist) - Discussed need to reach out to GP (happy to share notes) and self ref NHS MH services will have CRISIS line if worsens- links also attached - discussed what would probably help most at this time is time out - can do Med Cert 2 weeks - and also ref Clinical Psychologist. As discussed, you will get emailed a Medical Certificate which you can use as required. Please note with this service we can only issue Certificates for a maximum of 2 weeks per condition every 6 months. If you need longer then this will need to be done via NHS GP. Email checked ok - explained referral procedure - If you have Private Medical Insurance (PMI) you need to contact your Insurer to your discuss cover, excess and arrange referral if covered. Please note the referral letter is not authorisation under private cover. Alternatively the letter can be taken to your NHS GP for their consideration, there is also the option to self-fund privately if you wish using this letter as the GP referral letter if required.

If you require any further assistance, please contact Square Health at  
[avivadigitalgp@squarehealth.com](mailto:avivadigitalgp@squarehealth.com)

Yours Sincerely,

Dr Mark Pearce

3506918



Dr Mark Pearce