

You also reported being very good and having noticed a significant improvement in yourself since coming off the Olanzapine, adding to that you also reported that, had gone through a similar process 5 years ago but much sooner – within just 2 weeks of discharge from hospital whereas this time you stayed on the recommended dose for 4 months after discharge.

Although you had initially agreed with June about need to restart Olanzapine at a lower dose, you then told us that you will wait for Dr Joshi's letter which you will then send over to other people in your online community for expert advice and then have a meeting with your GP who will be the one to say whether or not you should start the medication.

Following your appointment with Dr Joshi, I met with you at your home address and we discussed again about restarting the medication. You reported that you have decided not to take any medication.

You have been considerably stable for over a year now, with limited intervention from mental health team. Considering your situation, and engagement thus far, the team has agreed to proceed with your discharge. In future when you feel prepared and able to engage in the treatment offered, your GP can rerefer you to the service. Meanwhile if you feel there is an increase in your risks, please don't hesitate to contact CRHTT on 03003659999. We all wish you very best.

Kind regards,  
Chakita Sachin  
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