

Notes taken following a conversation that you had with Sophie's husband

6/03/2021; 06.25: John, Sophie's husband, had a chat to me while we were waiting for George from the Consultation-Liaison psychiatry team to assess Sophie. John was happy for me to include this into Sophie's notes. John reported that it was a struggle to get Sophie to initially go to our GP or to the local community mental health centre to find out what was wrong. We had been married for just a year when it first started. She was sporadically unemployed and had been functioning inconsistently for a couple of years. From when she was about 26, Sophie experienced some mild depressive symptoms. She was listless, had trouble getting out of bed and experienced intermittent insomnia and loss of appetite. This lasted for two months and then Sarah became well again. Two years later, Sophie's father died. She had been very close to her father and felt his death harshly. She believed that she had not been a good enough daughter. I saw a dramatic change following her father's death. She had three weeks of remarkable energy, hyperactivity and euphoria. She would stay awake cleaning the house every night. She had a strong sexual interest and was bright, self-confident company. This was then followed by one week where she could barely lift herself out of bed. She slept for long periods and complained of exhaustion.

When Sophie is in one of her energetic periods, she is bright, energetic and brimming with self-confidence. She got a job in a car yard and had months when she was really successful. She would spend excessively during these energetic periods, on such things as clothes and shoes. However, towards the end of her energetic periods she became irritable and caustic, and she received complaints from her customers. Following these episodes, she would go to bed for weeks at a time to try to deal with symptoms of depression. She would not shower during these periods and would eat very little. I finally managed to get her to agree to seek help. She saw our GP who referred her to a psychiatrist and the Community Mental Health team. She was diagnosed with bipolar disorder and began treatment a year ago. She has been doing really well since then. Last week I had to go away for work and only returned home yesterday. It seems that during the past week while I've been away, Sophie has been partying all night with some new friends of hers and shopping during the day. According to these friends, she was fast talking, cheerful and being casually flirtatious. She easily became irritable when challenged and then apparently ran out of the night club screaming and fell on the street.