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Occupational Health

Manufacturing Customer
Shift work

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OH Advisor Report
PRIVATE AND CONFIDENTIAL

RE:
DOB:
Job Title: Process Operator

Dear Human Resources,

Thank you for referring Mr X. He is currently absent from work suffering from Anxiety and Depression, which he perceives to be the result of personal issues. Mr X commenced sickness absence in March of this year.

Mr X tells me he has a long term issue with Alcoholism. He states this has never affected his work or personal life as he has learnt how to control the issue and recognises when it is getting out of hand. He decided to tell his wife in March about his illness but she had her own health issue at the time. His response to her issue was not accepted well, but Mr X felt unable to deal with his wife's issue any differently because of his own problems and the feeling everything was collapsing around him. The result of this was him being asked to leave the family home and a separation.

Mr X has since discussed his Alcoholism with his wife, who now supports him at his counselling sessions and during the week when he is away from the family home. She takes him any requirements so he has no access to money and supervises him taking his prescribed medication. Mr X sees his young daughter under the supervision of his wife at



weekends and on a couple of occasions during the week. He is currently staying at a camp site.

When we met today, Mr X tells me it is Day 6 of 'no alcohol'. At previous attempts he had managed two weeks and three days with no alcohol and two weeks and five days with no alcohol. He is accessing private counselling via CAIS and The Elms, which is NHS run. His wife has attended to get support for herself and to learn skills required to support her husband. Mr X and his counsellor are currently working on reduction of alcohol intake, although his eventual target is complete abstinence.

Mr X is researching Mindfulness and learning coping mechanisms.

We mentioned returning to work but I am unable to comment on a time frame. I wanted to make him aware of a likely gradual return to work with no covering of the Team Leader role, which he found difficult on a previous occasion. Mr X is aware of the necessity to be honest with regard to his long term illness, and that the health issue has been documented in this report.

I have arranged a review appointment with Mr X on the 3rd July. He can contact me in the interim if he wishes via Pen y Lon.

Yours sincerely

Trudy Davies
Occupational Health Advisor