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State planning, NSW

01/11/2025

re: Adverse Mental Health Impact of Proposed Development

Ms Hannah Dennis

19/03/1989

5 Loftus Street

Narrabeen 2101

Mobile: 0417 224 204 Home: 0417 224 204

To whom it may concern,

I am writing this letter as the General Practitioner for my patient who is experiencing a significant deterioration in their mental health as a direct result of this proposed property development adjacent to their home.

My patient has informed me that the proposed development is a massive six-storey building, with three sub-level floors, to be constructed within a few metres of their back fence. They have been advised this will result in a loss of direct sunlight to their property for approximately three months of the year.

This situation has caused my patient extreme stress and has precipitated a severe flare-up of their pre-existing mild anxiety. Prior to learning of this development, their mental health had been stable. They were successfully tapering their SSRI medication with a view to cessation.

Since this new stressor, they have had to resume their medication daily due to overwhelming anxiety and a constant feeling of being on the verge of a panic attack. The additional responsibility of acting as a spokesperson for a community group opposing the development has further compounded their stress. My patient is also engaged in regular sessions with a psychologist to manage their symptoms.

The profound negative impact of this proposed development on my patient's mental wellbeing is clear. I have significant concerns that their condition will continue to worsen if this stressful situation is not resolved.

Her current medications are:

Lexapro 10mg Tablet

½ In the morning.

Allergies:

Nil known.

Past Medical History:

	Gestational htn
28/04/2025	Anxiety
12/08/2025	Lumbar back pain

Yours faithfully,



Dr Jacqueline Tedder
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