



May 31, 2020

Jack LONDON Cady
1313 #4 Temkin Ave
Madison WI 53705-1240

I am writing this letter to Jack Cady as his current psychiatrist to provide documentation of his mental health diagnoses and demonstrate that he is engaged in treatment for them at this time.

Jack has had diagnoses of generalized anxiety disorder, unspecified depressive disorder and post-traumatic stress disorder. These diagnoses do not prevent him from working however given the increased stress secondary to the COVID-19 pandemic and his history, Jack would benefit from reduced work hours to support his mental health. He would use time away from work to find a therapist and engage in therapy, which would be at least a 1 hour appointment a week, and require additional skill building time outside of therapy. I also believe he would benefit from more frequent appointments with me at least for 3-4 months to ensure he is getting adequate support.

Additionally, I recognize there has been concern about the mention of "increased suicidal thoughts." Jack does not have any plan or intention to harm himself. Suicidal thoughts occur in response to increased stress and while concerning and distressing do not themselves indicate a threat to act.

Sincerely,

Shiri Raphaely, MD