

Our Ref: \*\*\*

**PRIVATE & CONFIDENTIAL**

Mrs Nadia ZAHMOUL  
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GL50 1UA

Crisis Resolution & Home Treatment  
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Telephone: 0800 169 0398  
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Date: 4 March 2025

Dear Mrs Zahmouli,

**Date of Birth: 27 Apr 1969 NHS No: 705 199 5111**

**CRHTT - ASSESSMENT**

Nadia seen at home with SMHP Henderson

**PRESENTING SITUATION**

Nadia was referred to CRHTT for a period of further assessment and support by the MHLT. Nadia was seen by them after she was taken to ED by paramedics, she had contacted them after she was concerned she had been poisoned, they had concerns she may be paranoid. Whilst in ED Nadia was given oral lorazepam and later IM Haloperidol. The MHLT did not find overt evidence of psychosis, felt presentation may be in the context of an acute stress reaction, she was referred to CRHTT for a period of further assessment and support.

**SOCIAL CIRCUMSTANCES**

- Nadia reports she was born and brought up in Morocco

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Main office Edward Jenner Court, Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW

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- She reported her father was a lawyer, she was close to him but he was very busy with work
- Nadia reported her mother could be verbally and physically abusive
- Nadia reported she achieved very well at school, was usually the top student in her class
- She had a small circle of friends at school and denied bullying
- Following school Nadia completed a degree in economics at the London school of economics
- She returned to visit her family in Morocco on completion of her degree, she had intended to come back to the UK for work however her parents would not let her leave and took her passport.
- She therefore worked at City Bank in Morocco for a few years
- She met her husband Karim Zahmoul on a business trip to New York, they married 6/12 later and she moved to New York.
- Nadia reported she has been married 27 years, she described an abusive marriage describing her husband as verbally abusive, demeaning, manipulative and controlling.
- She completed a Masters degree in finance at Columbia business school in 1998
- Nadia reports she was forced to have 3 abortions by her husband as they carried her gene for abnormal features (she was born with 6 fingers)
- Nadia reported she was working in a building about 100 yards from the twin towers during 9/11 attacks, remembers the chaos of having to be evacuated and suffered PTSD following this
- Last in paid employment in 2004.
- Did volunteer work at Cheltenham ladies college 2016-2020
- Nadia reported she filled for divorce during the Covid-19 pandemic when she became aware that her husband was dating a sex worker and sending her thousands of pounds, and also involved in money laundering.
- Divorce proceedings are ongoing, Nadia went to court accusing her husband of moving assets around. He has recently stopped giving Nadia any money and she has no income at present.
- Nadia reported her husband to the FBI for money laundering and they started a criminal investigation
- Nadia reports her husband is very high up in finance, worked for Goldman Sachs, she showed photos of him with president Biden
- She reported from 2022 her husband has been involved in money laundering for people who have direct links to Vladimir Putin. Nadia believes she is therefore at threat from Russians, she reported she has evidence of all of these things in huge documents which she is happy to provide to verify her claims. She has spoken to local police.
- In 2023 Nadia reported when she was in America she was poisoned, she reported she experienced Gastric pain, called an ambulance and was given fluids. She reported drinks she brought from Amazon may have been injected with poison. She reported this to this to the police
- In 2024 Nadia reported she had a court case and since there have been occasions where her and her daughter have been followed.

- This weekend Nadia reported she felt a big 'weight on my throat', and that her heart was beating too fast, she had not slept for a few nights. She became concerned she may have been poisoned and contacted an ambulance.

#### CURRENT CIRCUMSTANCES

- Nadia has two children, one 19 y/o who lives in America and one 17 y/o who is at Cheltenham Ladies college private school
- Nadia reported her daughter was reported to social services by her husband who claimed he was concerned Nadia was unwell. Nadia reported he is doing this to be manipulative and cover his tracks. Her daughters social worker is Ellie Jenkins from Gloucestershire children's Social services
- Nadia reported she doesn't have any income, she has little money as husband has stopped this.
- Nadia reported she is currently staying in rented accommodation in Cheltenham from a friend but is behind in rent
- Nadia reports she stays between here and accommodation in London owned by a friend where she can stay for free.

#### PSYCHIATRIC HISTORY

- Nadia reports she has been diagnosed with PTSD and has sought private psychiatric support
- Nadia reports she has her private psychiatrist is in London - Professor Gerald Libby
- Nadia reported she is prescribed psychiatric medication as listed below

#### FAMILY HISTORY OF MENTAL ILLNESS

- Nadia reported she believes her mothers has BPAD, she explained it was never diagnosed due to stigma in Morocco but she would have 'cyclical' changes in her mood where she would become low and take to bed/shut curtains and periods where she would not sleep, become over-active, abusive. She has later been diagnosed with Alzheimer's disease.
- Nadia reports her eldest daughter has been diagnosed with severe ADHD, ASD, GAD and OCD

## PHYSICAL HEALTH

From GP records:

- Premenstrual Tension Syndrome

Nadia reports:

Sjögren's syndrome diagnosed by private specialist

## MEDICATION:

From GP system

Escitalopram 10mg OD

Propranolol 40mg BD (Nadia reports uses PRN infrequently)

Progesterone 100mg nocte

Estradiol Valerate 1mg OD

Baclofen 5-10mg PRN Max TDS

Testosterone Transdermal Gel

Additional medications Nadia reports prescribed privately:

Hydroxychloroquine 200mg OD for Sjögren Syndrome

Fluoxetine 20mg she reports prescribed by private psychiatrist to take alongside Escitalopram? (run out of this about a month ago so not currently taking). We discussed this is an unusual combination, Nadia said her psychiatrist is aware, is a specialist and was 'comfortable' with this.

## ALCOHOL / ILLICIT SUBSTANCES

- Nadia reported previous cocaine and champagne addiction
- She reported no drug or alcohol use since 2014

## MENTAL STATE EXAMINATION

APPEARANCE AND BEHAVIOUR - Kempt, casually dressed, good eye contact, reactive affect, initially appeared anxious, calmed as assessment went on, frequently tearful, not observed to be responding to unseen stimuli

SPEECH - Talkative but interruptible and able to engage appropriately in two way conversation

MOOD - Subj: 'Dangerously close to snapping', wanted to be clear this is due to external pressures rather than mental illness

- Obj: Anxious and emotional

APPETITE - Reported reduced appetite, not had the funds to eat much

SLEEP - Reports sleeps well, around 10 hrs per night

THOUGHTS - No formal thought disorder. Nadia has fears of being at risk from her husband Russians government. She believes she may have been poisoned, she acknowledges that this may not be the case also. Nadia did show some evidence that her husband is very high up in his job and has possibly worked at government level. Nadia denied any thoughts to harm herself or others.

Nadia denied ideas of reference, thought insertion, thought withdrawal, thought broadcast.

**ABNORMAL PERCEPTIONS** - Nadia denied perceptual abnormalities in any modality, no objective evidence found

**INSIGHT** - Nadia showed insight that her story may sound 'paranoid', however, she says she has evidence to prove her case. Nadia recognised that she found it helpful to talk about her worries and concerns.

**RISKS:**

**VULNERABILITY - MEDIUM**

**LOW** in all other areas

**IMPRESSION** - Nadia is not previously known to local mental health services but reports she has had extensive support privately for PTSD related to the 9/11 terrorist attack and psychological abuse from her marriage. She is in the process of a lengthy divorce from her husband which has clearly been extremely stressful. Nadia is clearly anxious and distressed as she is worried she is at risk from her husband and the Russian government. These ideas do sound paranoid, however, Nadia acknowledges how it sounds and reports she is able to supply evidence to verify her concerns. There is evidence that Nadia and her husband have operated in very high level financial jobs.

A period of further assessment and support is indicated including collateral information if possible.

**PLAN**

- Nadia is returning to London from tomorrow for the rest of March to stay at friends address
- Nadia has consented to referral to locality CRHTT for a period of support
- Nadia has consented for HCPS's to contact and share information with her daughters social worker Ellie Jenkins

- Nadia has consented for HCP's to contact and share information with her private psychiatrist Professor Gerald Gilby who she has seen since 2011, and last saw in 2024 - number - 0207 224 3500
- Nadia has request a copy of our assessment be sent to her

CONTINGECNEY

- Nadia has the crisis team number and agreed to contact if things deteriorate

Yours sincerely,

James Pullen  
Trainee Advanced Clinical Practitioner / Non-Medical Prescriber (RMN BASE PROFESSION)

Cc:

Enc:

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