

# Birchtree CENTRE

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Office of the NSW  
Legal Services  
Commissioner

10/09/2024

PO Box 4460, Sydney NSW 2001  
olsc@justice.nsw.gov.au  
02 9377 1800

**Re: Support Letter for**

**Mr Alfonsas Stonis**

DOB: 30/10/1974

To Whom it may Concern,

Mr Stonis first attended sessions with me on the 23/04/2024. Since then, we have completed 8 sessions together. Mr Stonis presents with symptoms consistent with a diagnosis of Post Traumatic Stress Disorder after suffered a road traffic injury on 30 March 2015. This diagnosis was confirmed by a clinical psychologist in November 2015 and confirmed in a medical assessment by Wayne Mason at the Personal Injury Commission listing PTSD and persistent depressive disorder with episodes of major depressive disorder as injuries caused by the accident.

As a result of this, Mr Stonis presents with long standing symptoms of a complex nature, consistent with Post Traumatic Stress Disorder. He continues to experience intrusive symptoms associated with affective reactivity, avoidance behaviours, alterations in cognition and mood – including low mood, poor memory and concentration, rumination and low energy levels. He experiences heightened arousal characterised by sleep disturbance, nightmares, flashbacks, irritability, increased anger and emotional lability. He also struggles with anxiety and depression symptoms as a result of the trauma and trying to manage the above aforementioned symptoms.



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It is evident that as a result of the above fore mentioned symptoms, Mr Stonis struggles with day to day tasks including submitting admin tasks on time.

It is therefore that I support Mr Stonis' reasons for late submission of his complaint and request that the decision made on the 26<sup>th</sup> August 2024 be reviewed internally.

Please feel free to reach out if any further information is required.

Kind Regards,

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Marnie Donovan  
Mental Health Accredited Social Worker  
AASW 479115

