

13 March 2016

The Presiding Magistrate
Downing Centre Local Court

Dear Magistrate,

Re: Character reference for Joe Bloggs

My name is Jane Smith and I am a friend and housemate of Joe Bloggs. I will be at court to support him when he is sentenced for common assault and I will continue to support him in relation to his mental health.

I am aware that he has been diagnosed with bi-polar and that his moods can change from depressed to elevated. This in the past has occurred without reason and I recognise that he needs understanding from the people close to him. I have told Joe that as a friend and housemate he can call on me anytime he needs someone to speak to or just spend time with when he is not feeling like himself.

Joe has been open with me about what was happening and I can see that things are getting better for him. He seems more me that he was beginning to feel the situation was hopeless and never going to get better. I know he has now been prescribed the correct medication, which has given him cause for optimism and to me his moods seem more stable.

On the night he was charged, the incident started when my partner John tried to stop Joe from self-harming himself with a knife. When Joe tried to leave the house, we argued and he pushed me. I do not think Joe would have ever tried to hurt me and he was not acting like himself at the time. We have spent many nights together as friends and I could tell he was emotionally distressed.

I didn't see Joe try to hurt himself with the knife earlier and it was only afterwards when Arron told me what had happened in the kitchen that I realised what was going on and what he was trying to do. Both Arron and I told the police we didn't want him to get in trouble and we wanted to make sure he was safe.

Joe has apologised to me for what happened. He told me afterwards he would go to the police and take responsibility for what happened.

Having seen the progress Joe has made with treatment since August, I am confident nothing like this will happen again.

Sincerely,

Jane Smith