

**BOOK
NOW!**

Free physical health check for people with a severe mental illness

People who are identified on their GP records as having a severe mental illness such as bipolar or schizophrenia are invited to a free annual physical health check. This is because on average people with a severe mental illness face a shorter life expectancy of 15-20 years. They are 3 times more likely to smoke and are at double the risk of obesity and diabetes.

We want to help you to take care of both your physical and your mental health

Your physical health check will include:

- ✓ Your blood pressure
- ✓ Your height and weight
- ✓ A blood test
- ✓ A medication review
- ✓ A chance to discuss healthy lifestyles



Contact your GP or mental health worker to book your free physical health check

