

If you would like more information about Physical Health Checks or support from a Peer Mentor, chat to a Peer Volunteer on:

 **0800 448 0808**

 **PHCsomerset@rethink.org**

This number and email will be accessed on Monday's 9-11 am & Thursday's 12-2 pm. You can leave a message and a Peer Volunteer will get back to you. Please be aware that peer volunteers cannot give clinical advice or book a health check appointment for you.



Open
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Health

Physical Health Check for people with Severe Mental Illness

Who is it for?

The annual physical health check is for people with Severe Mental Illness (SMI). Usually this includes people with Schizophrenia, Psychoses and Bipolar Affective Disorder as well as some other mental health conditions.

If your GP is aware you have Severe Mental Illness this is recorded on GP's SMI register at your surgery.

Why do I need it?

You may have been given this leaflet as a patient on your GP's SMI register. People with SMI can be more likely to develop physical health issues — good mental health and physical health go hand in hand.

The Annual health check is designed to pick up on signs that someone may be at risk of diabetes, stroke or heart problems. You may be able to have a physical health check wherever is best for you. This may be in community venue, at home, wherever you feel comfortable, this will be carried out by an SMI Physical Health worker who work alongside GP practices and peer volunteers.

Open
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Open Mental Health is an alliance of local voluntary organisations, the NHS and social care, Somerset County Council, and individuals with lived experience of mental health. We're working together to ensure that people get the right support they need when they need it most.



openmentalhealth.org.uk



Would you like support from a peer mentor?

Living with mental health challenges can contribute to feeling alone and isolated – in many ways. Connecting with someone else who has also been affected by mental health challenges can really help.

They can support you:

- to increase confidence and motivation, and decrease anxiety around the check
- to find solutions to any barriers you may have in completing the check
- to use the Rethink Mental Illness Physical Health Check tool
- by attending the appointment with you with post-check support, e.g. join activity or group to increase physical exercise or lose weight.

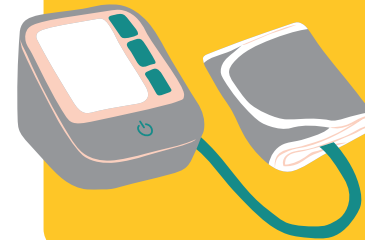
What is the Rethink Physical Health Check tool and how can it help me?

The tool is designed to support you before, during and after your physical health check. The tool is yours to keep, personalise and use as you go through the process of receiving your check. It can also be used to keep track of appointments and has information about other routine health checks that you may be entitled to.

rethink.org/physicalhealthchecktool



Elements of a full health check:



Blood pressure:

A cuff will be placed on your arm which will then be inflated. Once fully inflated, the cuff will slowly start to deflate measuring the blood pressure.

Height & weight:

You will be asked what your height and weight are.



Smoking & alcohol:

You will be asked whether you smoke and drink and, if so, how much.



Blood Glucose and Blood Lipid*:

A sample of blood will be taken, either via a small finger prick or via a small needle inserted into a blood vessel.

*Blood Glucose means measuring the sugar in your blood & Blood Lipid mean examining the cholesterol in your blood.

