

If you would like more information about Annual Physical Health Checks for people with Severe Mental Illness, please get in touch with us:

✉ PHCsomerset@rethink.org

We welcome referrals for support through your GP, Open Mental Health partner organisations, and any health professional or organisation you are in contact with. Alternatively, call Mindline Somerset for a referral on **01823 276892** or **freephone 0800 138 1692**.

To discover more, visit:



<https://bit.ly/omh-smi>



or <https://bit.ly/omh-phc>

Open
Mental
Health

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



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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 the 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 are 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 a community venue, at home, or wherever you feel comfortable. It will be carried out by your GP, Practice nurse or SMI Physical Health Practitioner.



SMI Community & Outreach Service

The Community & Outreach team offer 1:1 support delivered by our Physical Health & Wellbeing Navigators. This is available to those 18+ living in Somerset with Serious Mental Illness: Schizophrenia, Psychosis, Bipolar or Personality Disorder. This is time limited support of around 8-10 weeks.

Through tailored and person-centred support, Navigators work with clients before, during and/or after the SMI Physical Health Check to help identify goals and work towards them.

This may include:

- exploring any barriers to engaging with clinical staff and services
- concerns about the Physical Health Check itself
- attending appointments or improving social contacts and activities
- helping to access services to improve physical health and wellbeing

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. It is yours to keep, personalise, and use as you receive your check. It can also be used to keep track of appointments and has information about other routine health checks you may be entitled to.



www.rethink.org/media/4862/interactive-physical-health-check-tool.pdf

Elements of a full health check:


Each element of the health check will be completed with your permission. You can choose to opt not have all the elements but we highly encourage you to do so




Blood pressure:
A cuff will be placed on your arm and inflated. Once fully inflated, the cuff will slowly deflate, measuring your blood pressure.



Height & weight:
You will have your weight and height recorded.



Smoking & alcohol:
You will be asked whether you smoke and drink and, if so, how much.



Blood Glucose and Blood Lipid*:
A blood sample will be taken, either via a small finger prick or a small needle inserted into a blood vessel.

*Blood Glucose measures the sugar in your blood, and blood lipids examine the cholesterol in your blood.