



# Mind in Harrow SMI Physical Health Checks Promotion Project

If you have a diagnosis of Bipolar Disorder, Schizophrenia or another psychotic condition you are entitled to a yearly physical health check with your GP!

Look out for an invitation or contact your GP surgery, or ask your care coordinator or support worker to help you contact them.

 mind  
in Harrow

# Your health is precious. It's worth protecting.

If you have a serious mental illness, you need to take extra care of your physical health.

Medication side effects and lifestyle can increase your risk of health conditions.

The good news is that if you pick up health issues early they can be treated and this means a better quality of life for you for years to come.

Your health check will include blood pressure, blood tests and your body mass index. Your doctor will ask about how much you smoke or alcohol you drink, how much you exercise and your diet.

Depending on your results, advice and support will be given to improve your health.

## **Support from Mind in Harrow:**

- **If you are worried about booking or attending your health check, we can listen and help identify ways of making it easier for you.**
- **Following your appointment, we can support you with information and advice on accessing groups and activities in the community.**

**See our contact details below.**

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