

You should have a free health check every year to get advice and support to keep you living well and feeling as healthy as possible.

If you have a mental illness, taking certain medications can put you at an increased risk of developing health problems.

It is important to have these checks to make sure that you are healthy on the medication prescribed; and to keep you living well and feeling as healthy as possible.

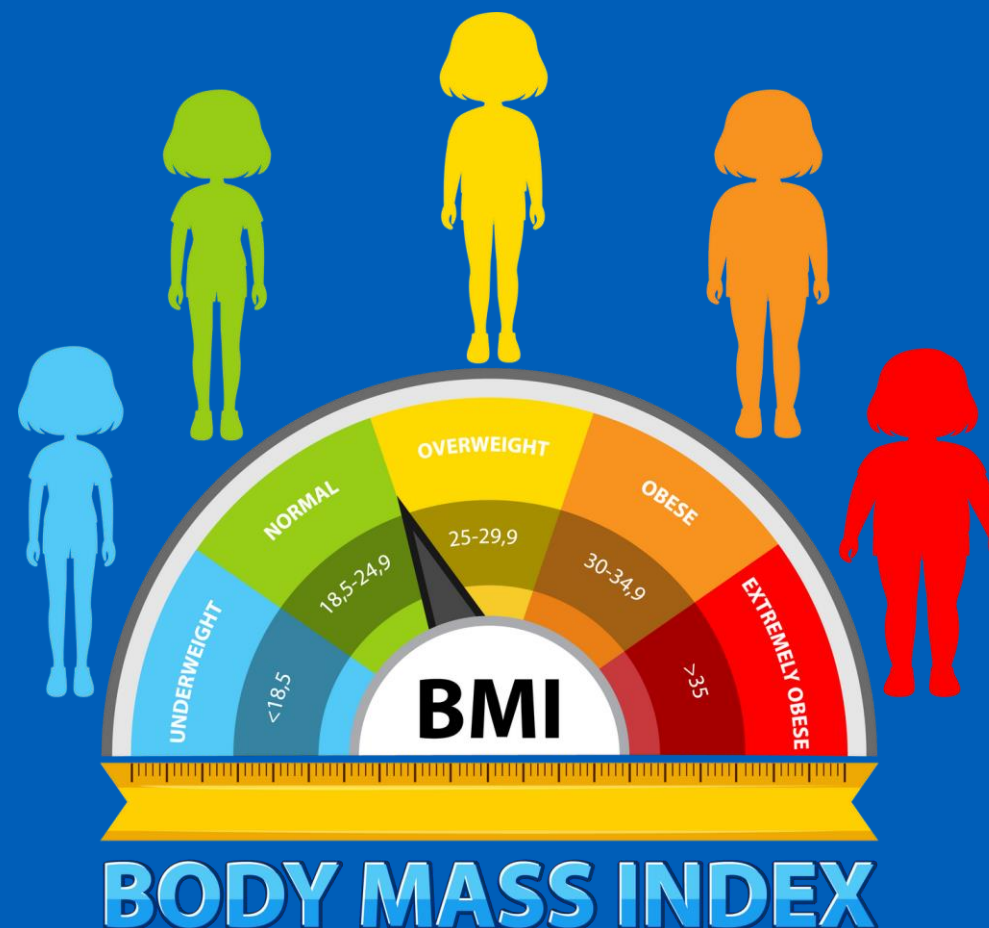
For information about physical health checks for people with severe mental illness, visit:

[www.mindinhillingdon.org.uk/our-services/adult-mental-health-recovery-and-wellbeing-service/smi-project/](http://www.mindinhillingdon.org.uk/our-services/adult-mental-health-recovery-and-wellbeing-service/smi-project/)



# Physical Health Checks

for anyone aged 18+ with severe mental illness



# What happens at your health check?

You will:

- **Have your blood pressure checked**

Raised blood pressure can contribute to heart problems or increase the risk of having a stroke.

- **Have a blood test to check your cholesterol and blood sugar levels**

Raised cholesterol can increase the risk of a heart attack or stroke and high blood sugar can mean you have diabetes.

- **Get weighed**

Being overweight can increase your chance of developing diabetes, having a heart attack or stroke, and getting other physical problems.

- **Talk about smoking, alcohol, non-prescription drugs, diet and exercise.**

You might also be offered some vaccinations like flu or Covid if your health check is during the winter months

# Attending your health check is important

**Your health check will help to identify any early signs of:**

- **Diabetes**
- **Stroke**
- **Heart problems**

If any issues arise from your health check, your GP practice will help you with any next steps.

This might include offering support for any suggested lifestyle changes and linking in with adult mental health services to review medication where required.

Some medications can sometimes cause side effects. If you are having any issues with your medication, you might be advised to book another appointment after your health check

# What next?

You will receive an invitation to book an appointment for your free health check. This might be a text, letter, phone call or email from your GP practice or as part of an outreach clinic in the community. Please make every effort to attend your appointment.

# Support for your appointment

If you'd like any support for your appointment, our friendly team at MIND Hillingdon can help.

They can talk to you about what might be worrying you, explain exactly what will happen during your health check and also attend the appointment with you if you wished, to make you feel more comfortable.

Contact the team on 01895 271559, email [mind@hillingtonmind.org.uk](mailto:mind@hillingtonmind.org.uk) or visit [www.mindinhillington.org.uk](http://www.mindinhillington.org.uk) to find out more.