



Healthy
Minds

Bradford District and Craven
Health and Care Partnership



Physical health checks for people with a severe mental illness (SMI)

For people aged 14 and over in Bradford District and Craven who are
diagnosed with bipolar, schizophrenia or psychosis.



Physical health checks for people with a severe mental illness (SMI)



We all have to look after our health but if you have certain mental health conditions you are more likely to have a physical health condition too. This could be due to your medication or lifestyle.

This is why people diagnosed with a severe mental illness (SMI) are invited to a free health check at their GP practice or with the Community Mental Health Team (CMHT). SMI refers to people who have a diagnosis of bipolar, schizophrenia or who experience psychosis.

These checks are free and help provide you with as much support as possible. Afterwards, professionals will work with you to help you lead a healthier and longer life.

What happens at the health check?



The physical health check lasts no longer than 45 minutes. It may include:

- 1 Blood pressure check
- 2 Blood test for cholesterol
- 3 Blood test for glucose (sugar)
- 4 Check of your weight
- 5 Some questions around smoking
- 6 Some questions around drinking of alcohol

You may be offered more checks such as an electrocardiogram (ECG).

After the checks, you may be:

- Given advice regarding your physical health
- Offered information about people and organisations who can help you make lifestyle changes
- Be referred on to another organisation to help you with your physical health goals
- Be invited for a further discussion regarding your physical health
- Information about your physical health may be shared with organisations in the form of a referral. Your information would only be shared to support you with your physical health goals and with your consent.



How to book a physical health check

Your GP practice or CMHT will contact you about your annual physical health check. If you think you have missed your appointment, please call your GP practice to arrange another one.

For further information, visit the Healthy Minds website at www.healthyminds.services/smi or for emotional support, call Guide-Line on **08001 884 884**.

Frequently asked questions (FAQs)



Can I bring someone with me?

Yes. You can bring a family member, friend, interpreter or advocate. Please request this when making your appointment.

Can I have a choice of gender of practitioner?

Please request this whilst making your appointment and your health care worker will make every effort to accommodate you.

What should I wear to my appointment?

You can wear whatever you feel comfortable in. However, as your health care worker will need to access your upper arms for the blood tests, we recommend loose-fitting clothing.

Do I need to bring anything before my appointment?

No. You do not need to bring anything with you to your appointment.

Can I have a copy of my results?

Yes. You can request a copy of your results.

Further information

For tips on a healthy lifestyle, including diet, exercise and stopping smoking, visit

www.mylivingwell.co.uk or
www.northyorks.gov.uk/healthy-living.

If you are a carer, you can find support through Carers' Resource at www.carersresource.org.



www.healthyminds.services/smi