



THE THREE SHIRES MEDICAL PRACTICE

Coleme, Marshfield, Pucklechurch and Wick Surgeries

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Mental Health Yearly Review

For people living with a SMI (Severe Mental Illness) such as schizophrenia, bipolar or psychosis.

This leaflet explains what you can expect from your SMI annual physical health check and your mental health care review appointment.

Why have you received an invite?

People on their GP's severe mental illness (SMI) register should have a full physical health check each year. Some aspects of living with a severe mental illness mean that people can be more likely to get physical health issues. Everyone's situation is different, but we know that good mental and physical health go hand in hand.

Physical Health Check Appointment

At this appointment, you will see our Health Care Assistant (HCA). The appointment will take about 20 minutes and include:

- A few questions around your physical health (alcohol use and smoking)
- Some physical checks (height, weight, and blood pressure)
- A blood test (to check for diabetes and to check your cholesterol level)

We get that these may be difficult checks to have. Our HCAs will be sensitive throughout the appointment. We will not judge or criticise you for your physical health. We will be here to support you to improve it.

Following this appointment, we will send you a leaflet with your results. This leaflet will also offer advice on diet, support to stop smoking and other ways of staying healthy. You will also get an invite for a mental health care plan appointment.

Mental Health Care Plan Appointment

This appointment is a chance to review your current mental health and set a care plan. It is important to attend this appointment even if you feel well. Within the appointment you will talk through things like early warning signs and action plan in the event of a relapse.

Accessibility

Please let us know if there is anything that we can do to help you with this appointment. If you have a disability or impairment that affects communication or you require an interpreter or information in an alternative format (e.g. large print) or community language (including BSL), please contact us so that we can give you that support.

Contact

If you need more support around your appointments or have any questions, please contact the Care Coordinator Team on 01179 371002 or bnssg.carecoordinator.threeshires@nhs.net