



Get your health right
See a GP
For a physical health check

Information for Consumers Fact Sheet

Did you now?

Recent research from the [Duty to Care Report](#) showed that people who experience long term mental illness are more likely to die from preventable physical illness, such as heart disease, diabetes and cancer, than the general population and often these illnesses go undiagnosed and untreated.

Going to a GP to have regular physical health checks can help prevent these problems before they arise, or treat them so that they don't get worse. **Ideally, you should have a physical check once a year.**

Why See a GP?

Often mental health consumers are only receiving health care from mental health specialists who may not be focused on their physical health. Or when they do see a GP, treatment is focused on their mental illness rather than physical health or preventative health care.

What you can do

The most important action you can take is **to take action now**:

Ask about your physical health

- Ask your mental health clinician or case manager about your physical health or to refer you to a Mental Health Friendly GP for a physical health check.
- Ask your GP about your physical and preventative health.

Find a Mental Health Friendly GP

- Ask family, friends, neighbours or people you know to recommend one.
- Contact the **Division of General Practice** in your area and ask to speak to the Mental Health Program Officer. Ask that person if they can help you to find a mental health friendly GP (they will usually give you the names of some GP practices in your area).
- Contact the medical centre nearest to you and ask if there is a mental health friendly GP working there who can help you.

Ask for help

- Ask a friend, family member or other health and community professional you trust to help you make an appointment or accompany you to the first appointment

Don't Give Up

- Even though things get frustrating and difficult and your physical health may be the last thing on your mind ... keep persisting. Others have done, so you can do it! Find out how got to HealthRight Success Stories: www.healthright.org.au/go/success-stories



*Healthy Body
Healthy Mind*

Quick Links

Health Consumer Council: <http://www.hconc.org.au/>

WA General Practice Network to find a GP

http://www.adgp.com.au/site/index.cfm?module=DIVISION&state_code=WA

Beyond Blue Directory of Medical and Allied Health Practitioners:

http://www.beyondblue.org.au/index.aspx?link_id=107.1007

Mental Health Council: <http://www.mhca.org.au/index.html>

Mental Health Resources http://www.health.wa.gov.au/health_topics/m/mental_health.cfm#adhd

You know you have to get your Health Right ... See a GP for a physical health check.