

What can I expect from the service?

The clinic staff will monitor your physical health and highlight any concerns that may require input from your GP or other professionals. Health promotion techniques will also be discussed to support you as you achieve/maintain your best levels of physical health and well-being.

The Appointment may include

- > Blood pressure
- > Height
- > Weight
- > Pulse
- > Respiration
- > Blood samples drawn
- > ECG (Reads heart rhythm)
- > Discussion of lifestyle options
- > Opportunity to ask questions
- > List of tests carried out



What if I want to talk to someone about the service?

- > **Talk** to the people directly involved in your care
- > **Ask** a member of staff for a feedback form, or complete a form on the Trust website; www.southerntrust.hscni.net (click on the 'Contact Us' tab)
- > **Get Involved** - you can help doctors, nurses, social workers and other health care staff in the planning, development and evaluation of Southern Trust services. Speak to the person who is responsible for your care or register online; www.southerntrust.hscni.net/about/1593.htm

How to contact us

SUPPORT & RECOVERY SERVICES

Tel: 028 3756 5009

**ASHLEIGH HOUSE, ST LUKE'S SITE
73 LOUGHGALL ROAD,
ARMAGH BT61 7NQ**

Tel: 028 3741 5320

Personal and Public
Involvement (PPI)



Involving you,
improving care

www.thementalhealthforum.co.uk

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Southern Health
and Social Care Trust

Quality Care - for you, with you

HEALTH PASSPORT



INFORMATION LEAFLET

Introduction

This leaflet provides you with answers to the common questions people ask when they have been referred for physical health checks with their mental health team.

I have been referred for a physical health check - what does this mean?

You will be notified by post asking you to attend a clinic based appointment at the Community Mental Health Department to have your physical health checked.

If this appointment does not suit, you can use the number provided to rearrange this.

When you attend, a range of small but important tests and checks will be done and you will be able to discuss these and lifestyle/well-being issues with the member of staff.

You can obtain additional information leaflets about services by asking a member of staff. These may include information about diagnosis, treatment options, psychological therapies and medication.

Why physical health checks are important

Regular health checks allow for good management of conditions and give an opportunity to act early if issues are noted.

Conversation with professionals around lifestyle and well-being choices are also helpful.

"Staff put me at ease and explained the procedure throughout and the reasons why I was get-ting bloods done"
(client from Armagh area)

"Very worthwhile, really good service from Mental Health as I don't go to my GP often, so this is reassuring for me that this will be done annually"
(client from Banbridge area)

Recovery Approach

Staff will work with you in developing a care plan which builds on your strengths and helps you with your own Recovery journey.

Recovery is a personal, unique process and we will help you to meet the goals you have set for yourself.

The physical health checks bring tests all into one annual appointment, making it easier for you to manage your well-being.

For further information or reading please see the links below

www.southerntrust.hscni.net
www.thementalhealthforum.co.uk
www.choiceandmedication.org
www.rcn.org.uk
www.nice.org.uk
www.bap.org.uk/guidelines

