

Southdown

Health and Wellbeing Service



A free Annual NHS Physical Health Check (PHC) is available to people aged 18 or over who have a diagnosis of bipolar disorder, schizophrenia or a history of psychosis.

Southdown's Health and Wellbeing Advisors can work with your GP surgery to help you access your annual PHC and provide you with support following your appointment.

Find out how we can support you to improve your mental health and wellbeing on the back of this leaflet



Together we can:

- Develop a health and wellbeing improvement plan
- Explore and identify what is important to your mental health and wellbeing and work collaboratively with you to plan how to improve the outcomes of your PHC
- Identify and connect you to other services that can support you with areas such as physical activities, social groups, housing, finances and much more...

This can help you to feel supported to:

- Feel listened to and understood
- Feel confident to talk about your health
- Attend and access other services that can support you
- Overcome obstacles to improve your health and wellbeing

If you feel that you are eligible and haven't previously been invited for a PHC, please speak to a member of your GP surgery.

www.southdown.org/services/health-and-wellbeing-service



Sussex
Health&Care

The Health and Wellbeing Service is delivered by Southdown as part of Sussex Health and Care.

