



## Additional Support

You can also access support from the Wellbeing Hubs available across Coventry and Warwickshire Coventry: [cwmind.org.uk/coventry-wellbeing-hub](http://cwmind.org.uk/coventry-wellbeing-hub)

Warwickshire: [springfieldmind.org.uk/services/wellbeing-for-warwickshire](http://springfieldmind.org.uk/services/wellbeing-for-warwickshire)

**Always speak to your pharmacist or GP** if you have any concerns about your physical or mental health.

# Identifying and managing mental and physical health conditions



Everyone is at risk of developing heart disease, stroke, diabetes or respiratory diseases.

The good news is these can often be prevented.



If you do have one of these conditions early identification and appropriate treatment can help you to **maintain your normal quality of life.**

People with serious mental health conditions such as **schizophrenia, bipolar disorder and major depression** have a higher than average risk of also developing physical health conditions, particularly circulatory and respiratory diseases. Recent evidence suggests there may be common genetic factors associated with increased risk of these conditions.

## What can you do?

Small changes can make significant improvement to both physical and mental health, such as:



Sleeping well



Being a bit more physically active



Drinking less



eating well

If you take regular medications for either physical or mental health conditions, it is important to take them as prescribed to help you stay well and reduce the chances of having any further health problems.



## How your pharmacist can help

Your pharmacist can talk to you about how to lower your chances of developing physical health conditions. They can also help identify problems early and help you to manage existing physical health conditions. Your pharmacist can help you review your use of medications for both physical and mental health conditions to make sure you are getting the most benefit from the medicines you take.

## Apps and useful websites

The free Best You App can help you make lifestyle changes and access information on health and wellbeing [www.best-you.org](http://www.best-you.org)

Try a new activity or learn a new skill through the Recovery and Wellbeing Academy – take a look at their prospectus at [recoveryandwellbeing.covwarkpt.nhs.uk](http://recoveryandwellbeing.covwarkpt.nhs.uk)

