

# CONNECTING MENTAL AND PHYSICAL HEALTH: ONE CHECK AT A TIME

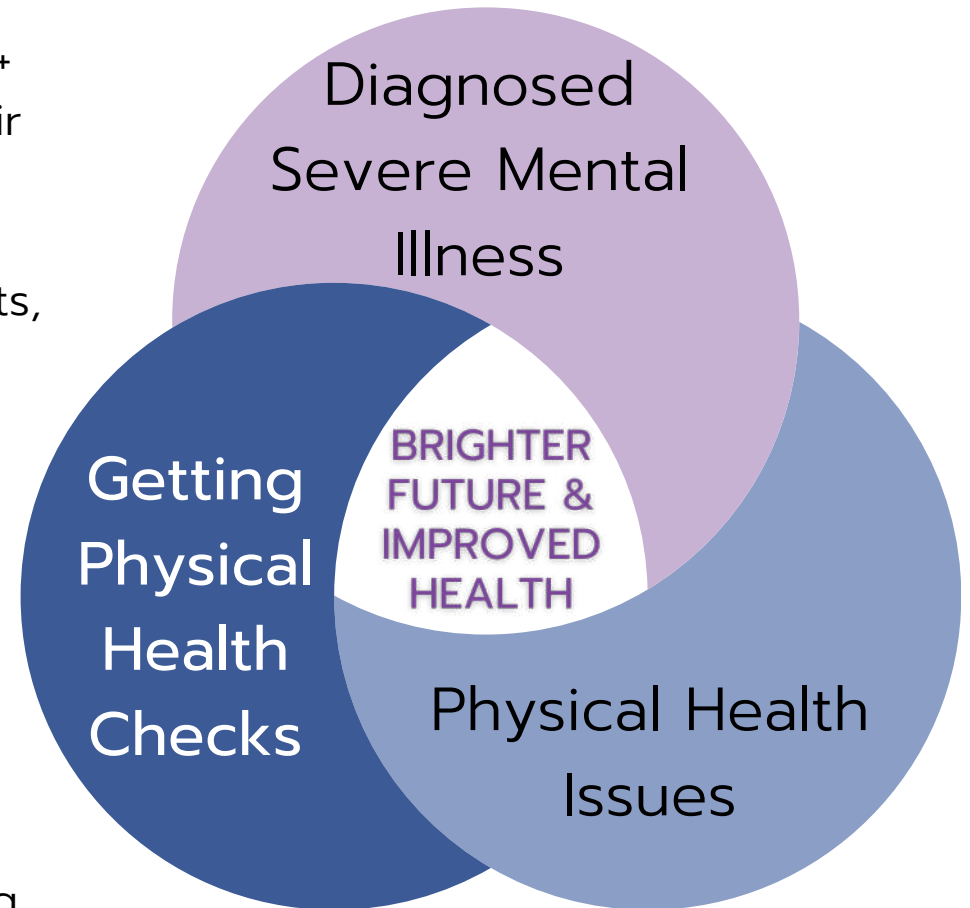
Cape is here to help patients who are 18+ with Severe Mental Illness (SMI) **book** their free annual physical health checks.

We can support you in your appointments, and overcome worries and barriers.

What's included in the health check?

- Weight and BMI check
- Blood pressure and heart health
- Blood tests (cholesterol and glucose)
- Smoking and alcohol assessment

We can also **support you in booking** flu and covid vaccines, and cancer screening.



Ask your GP or Contact below

[charmi.shah@capeproject.org.uk](mailto:charmi.shah@capeproject.org.uk)

020 8896 2552

**NHS**



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## YOUR WORRIES

Feeling nervous or unsure?

Worries about trust or past experiences?

Struggling with energy and focus?

Not sure if it's important?



## SOLUTIONS

We'll explain what to expect and go with you if needed.

We'll listen and create a safe, supportive space.

We'll remind you and help make it easier.

We'll help you understand the benefits of health checks.

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