





DO YOU KNOW?

If you have schizophrenia, bipolar disorder or psychosis you are entitled to a **FREE PHYSICAL HEALTH CHECK, which could prevent you from developing other serious illnesses.**

The doctor or nurse will...

-  **check your weight, heart rate and blood pressure**
-  **check for any problems to help prevent illness**
-  **give you a blood test**
-  **talk to you about staying well**

**BOOK ONE
NOW
THROUGH YOUR
GP PRACTICE
AND HELP
PREVENT
ILLNESS**

For more information visit:

www.lancashireandsouthcumbria.icb.nhs.uk/PHSMI