

Our approach

Neami National is a community mental health service that provides rehabilitation and recovery support services across Australia.

We work in a positive framework and assist you to build your confidence and skills to achieve a greater sense of meaning and purpose in life based on your values.

We provide services in diverse communities ranging from the inner-city suburbs to regional and remote areas.

Mental health recovery

We believe that recovery is an individual process and that with the right kind of support each person can move towards a life that matches their values and goals for the future.

Recovery goals often include physical and mental health, self-confidence, social and community connection, education and skills development, and employment.

Physical and mental health

Neami recognises that there is a strong link between good physical and mental health, and social wellbeing.

Independence and self-care is encouraged in all our programs. We support you to fulfil your physical and mental health goals, leading to increased personal autonomy, confidence and self-belief.



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More information

About Neami National

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Our vision

Full citizenship for all people living with a mental illness in Australian society

Our mission

To improve mental health and wellbeing in local communities

Contact us

Contact details for your nearest Neami service:

Fill in details or attach site card/sticker

Neami site: _____

Phone number: _____

Message: _____

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Health Promotion

Supporting your physical health and overall wellbeing

www.neaminational.org.au



About our services

Research has shown that individuals living with a severe mental illness have a reduced life expectancy of 15 - 25 years compared to the broader population, largely due to preventable physical illnesses¹.

Looking after your physical health and ensuring you have regular physical health checkups with your GP will help you identify and manage any health issues that arise. Exploring your physical health goals and needs may be a key part of your overall recovery journey.

Neami Health Prompt

We use a resource called the Health Prompt to support conversations with you around a range of physical health issues. The Health Prompt helps to identify the areas that are most important to your health.

You will be invited to complete a Health Prompt at least every 6 months and have conversations regarding your physical health, where you may discuss:

- Having a physical health check with your GP
- Smoking, nutrition and physical activity
- Oral health, foot care, hearing and vision

“The Health Prompt raised my awareness and totally was a motivating factor in choosing to change my lifestyle” - Consumer

¹Royal Australian New Zealand College of Psychiatrists (2015). Keeping Body and Mind Together.

Do you have a GP?

Finding a GP that you have a good relationship with and see regularly is important for your physical health. You should feel that you are able to discuss any health concerns with your GP and that you are being provided with quality follow-up care.

Please talk to your support worker if you need help finding a good GP.

Neami Health Promotion priority areas

Tobacco management

We aim to reduce the harm caused by tobacco in all its forms by:

- Adopting a smoke free policy
- Promoting training opportunities and quit smoking programs to consumers and staff
- Developing new projects in supporting consumers to quit smoking

“I quit smoking, how good am I! I use it as a comparison- if there’s some little thing that I’m scared to do... I think... if I can quit drinking and smoking, I can do this!” - Consumer

Oral health

Neami promotes good oral health by supporting access to dental care and self-care. We do this by providing oral health resources, as well as training staff to better support consumers with their oral/dental health.

“Once I set it [as a goal], [my worker] helped me get all the way to the point I was in there and in the chair.” - Consumer (about the Oral Health program)

Diabetes prevention/management

We support consumers to manage diabetes and minimise any associated risks by:

- Promoting diabetes programs and staff training programs
- Providing diabetes prevention information and resources to consumers.

Eco-health

Latest research is showing that people are increasingly improving their physical health whilst adopting environmentally friendly behaviours. Eco-health initiatives at Neami include:

- Eat Plant Learn (a healthy and sustainable living program)
- Next Steps (a group-walking program)
- Mind the Weather (an initiative focused on self management in the heat and sun).

“It improved my physical health, as previously I wasn't really aware of the importance of it. It also made me realise that reaching certain steps isn't a hard thing to do.” - Consumer (about the Next Steps program)