

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 own values.

We provide services in over 40 diverse communities ranging from the inner-city and suburbs to regional and remote areas.

Collaborative Recovery Model (CRM)

We use the Collaborative Recovery Model to support people through our services.

The CRM aims to identify your personal values and goals, and then helps you make progress towards achieving them. Each person chooses their own goals. Our staff support you along the way and help connect you with other supports in your local community.

Physical and mental health

We believe 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 fulfill your physical and mental health goals, leading to increased personal autonomy, confidence and self-belief.

More information

About Neami National

Neami National is a community mental health service supporting people living with mental illness 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

Improving mental health and wellbeing in local communities

neaminational.org.au

Contact us

Contact details for your nearest Neami National service:

Fill in details or attach site card/sticker

Neami site: _____

Number: _____

Message: _____

Cover: *Untitled*, Toni Allan, soft pastel on paper

Health promotion

Supporting your physical health
and overall wellbeing

neaminational.org.au



Physical health and mental illness

Neami Health Prompt

We use a resource called the Health Prompt to help guide conversations with you regarding 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 have a physical health conversation at least every 6 months where you may discuss:

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

Do you have a GP?

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

For support with finding a good GP feel free to speak with Neami staff.

Research has shown that in comparison to the broader population, individuals with a severe mental illness have a significantly reduced life expectancy of 15 - 25 years. There are a number of factors contributing to poor health including:

- Side-effects of medication
- A lack of regular physical health checks
- Poor follow-up from primary health care
- Challenges of maintaining healthy behaviours while experiencing symptoms of illness
- Social isolation and a lack of knowledge about health services

Looking after your physical health and ensuring you have regular physical health check ups at 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.

Physical health priorities

Neami recognises that there are several health priorities that contribute to overall wellbeing and offers programs in the areas of smoking cessation (Fresh Start), oral health, chronic disease self-management and healthy behaviours.

For more information go to neaminational.org.au/physicalhealth

What people say

Fresh Start (smoking cessation program)

“Fresh Start helped me realise that I can quit or stop smoking if I want.”

“I think Fresh Start is a good group and I felt very supported there.”

- Consumer comments

Health Prompt

“We sat down to complete the Health Prompt and Chris* identified that he hadn't had his prostate checked. During the next outreach visit he proudly informed me that he had been to his GP and his prostate is fine and doesn't need to be checked for another year.”

- Staff comment

* Name changed for privacy

“[The GP] was impressed with the Health Prompt and commented saying that it was really a good questionnaire as it covered a large amount of health issues.”

- Consumer comment

Oral health

“I now have teeth like those on TV and in magazines!”

- Consumer comment