

# How to improve the physical health of people with severe mental illness

**Free online training for primary care professionals**



NHS England  
NHS Improvement – South East



**This 30-minute film offers clear, practical training to help you improve the physical health of people with severe mental illness.**

## **Why watch this film?**

People with severe mental illness are likely to die up to 25 years earlier than the general population. Research shows that 75% of these cases are caused from preventable physical illnesses.

Many people with severe mental illness are not under the care of specialist mental health services. As a primary care professional, you can help reduce these unnecessary deaths.

## **What's in the film?**

- Factual information about the main types of severe mental illness
- Practical advice on how to talk and respond to people with severe mental illness
- How to encourage people with severe mental illness to attend appointments
- How to do physical health checks and medication reviews
- How to offer a care plan and ongoing support

## How should I use it?

You can just watch it straight through on your own or with colleagues.

If you prefer, you can use it for training a group of staff – there are handouts and notes for facilitators which are free to download.

## What are its credentials?

The film was produced by NHS England and NHS Improvement South East and the Charlie Waller Trust. It was adapted from training endorsed by the Royal College of Nursing and delivered by Sheila Hardy, Charlie Waller's nursing lead.

## What do people say about Sheila's training on this subject?

*"I feel more confident in delivering health checks in my practice."*

Practice nurse

*"Extremely useful for my practice. Made me think about different ways of approaching problems and improving patient care."*

Nurse practitioner

*"Excellent - upskilling much needed."*

Mental health nurse

## Support to use this film

Sheila can answer questions on how best to use the film in your primary care setting. You can contact her at: **[sheila.hardy@charlier.waller.org](mailto:sheila.hardy@charlier.waller.org)**

## Watch the film here

**[www.southeastclinicalnetworks.nhs.uk/phsmi](http://www.southeastclinicalnetworks.nhs.uk/phsmi)**