

# Know your entitlements



Every person with a mental health condition deserves and should expect a minimum level of support.  
Please fill in this form so we can help you as well as possible.

## Your Health Info

Are you registered with a doctor?  Yes  No

If 'No', you can register today with NHS Choices

Do you have a physical health condition?  Yes  No

If 'Yes', please write details here:

Do you know that your doctor can offer you a physical health check if you have a mental health condition such as bipolar disorder or schizophrenia?  Yes  No

If 'No', speak to your doctor about this

## Your Lifestyle

Are you aged between 40 – 74 years and would like to understand your risk of heart disease?  Yes  No

Is there history of heart disease or cancers in your family?  Yes  No

Do you smoke?  Yes  No  
(If Yes, you can access direct help to reduce or even stop smoking)

Are you overweight or worried about putting weight on?  Yes  No  
(If Yes, you can access a free support service to help you manage any dietary and weight issues)

## Your Wellbeing

Do you have housing, money, debt or employment issues?  Yes  No

(If Yes, Birmingham City Council has services which can help you through these difficult times.)

Would you like to be more active?  Yes  No

(If Yes, try Birmingham's Be Active Programme — local leisure, sports and recreational activities across Birmingham, free of charge!)

What have you done today that has made you feel good about life?

Please write details here:

(Remember there are 5 ways to keep yourself well)

## About Me

Remember you are in charge of your body so take good care of it. Make sure you attend medical appointments to get the best care for your body.

If you are worried about something to do with your health ask your doctor or nurse, they are there to help you.

What worries you?

## The 'Helping yourself pledge'

This is a plan to help you keep well. It will work best if you put it together yourself and choose the kind of changes that you think you can achieve.

Tick the ones you will try

- Pick a sport or an activity to do each week (Find a family member or a friend to support you — they might join you, remind you or ask about how it's going!)
- Contact your doctor and get your physical health check completed
- Keep in regular contact with mental health professionals who are involved in your care
- Contact the lifestyle services on the back to get more help

# What support can I get to help me?

## How do I register with a doctor?

NHS choices will help you find out where your nearest doctors surgery is. Register today with a doctor of your choice. Visit [www.nhs.uk](http://www.nhs.uk)

## Mental Wellbeing (from Common Unity)

Common Unity Social Enterprise offers a range of services that look to promote mental wellbeing.

☎ 0121 554 9360 or 07990 947 093

@ [caront@common-unity.com](mailto:caront@common-unity.com)

👉 [www.common-unity.com](http://www.common-unity.com)

## Money Matters

Get support with housing, money debt and employment issues. The My Care in Birmingham website will support you. Visit [www.mycareinbirmingham.org.uk](http://www.mycareinbirmingham.org.uk)

☎ 0121 303 1234

## Be Active (from Birmingham City Council)

Be Active offers free gym, swimming, fitness classes, table tennis, cycling, bowls and many more activities to everyone. All you need is to sign up for a leisure card at your local leisure centre.

👉 [www.beactivebirmingham.co.uk](http://www.beactivebirmingham.co.uk)

? Ask at your nearest City Council leisure centre

## NHS Health Check

For those aged 40 – 74 years\*. The check takes 20 – 30 minutes and includes simple questions about your health, taking physical measurements — height, weight, blood pressure and a blood test to check your cholesterol. The check includes lifestyle advice. Available in GP surgeries and community venues.

☎ 0345 245 0790

👉 [www.nhschoices.nhs.uk](http://www.nhschoices.nhs.uk)

\*who are not diagnosed with heart disease, stroke, diabetes or kidney disease.

## Weight Management

You can work out your Body Mass Index (BMI) at:

[www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx](http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx)

If you are over the recommended BMI of 25, a free online 12 week weight loss plan provides you with the information, help and support you need to lose weight and stay healthy. It includes an interactive online food and activity diary, tracker and personal support from an expert.

**Female weight loss plan:**

[www.choose2bslim.co.uk](http://www.choose2bslim.co.uk)

**Male weight loss plan:**

[www.commit2bfit.co.uk](http://www.commit2bfit.co.uk)

## Health Trainers (from Health Exchange or Gateway)

Health Trainers offer up to six hour-long sessions, of one to one support. They can motivate, encourage and support you to set goals and achieve changes to your lifestyle. Changes might include losing weight, eating more healthily, being more active, reducing alcohol or stopping smoking. Appointments can be at a time and place to suit you.

### Central and North East Birmingham residents:

☎ 0800 158 3535

@ [info@healthexchange.org.uk](mailto:info@healthexchange.org.uk)

### South Birmingham residents:

☎ 0121 456 7821

@ [healthtrainers@gatewayfs.org](mailto:healthtrainers@gatewayfs.org)

## Advocacy Services (provided by POWhER)

Independent, free and confidential help — to access services and gain equal rights.

☎ 0300 456 2370 — 9am – 5pm

Mondays to Fridays (until 7pm Thursdays)

## Stop Smoking Services

Stop smoking services are run in pharmacies, GP practices and other community venues in Birmingham. Stop smoking services offer free, confidential, one to one advice and support to help smokers quit for good.

? Ask your GP or Nurse

☎ Free phone 0800 052 5855

☎ Text QUIT to 80 800

👉 [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

## Dental Care

People who wish to access dental services should consult [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) or phone NHS Direct on **0845 4647**. Most people with mental health problems will also be able to continue with these dentists for a long time.

## Free Cancer Screening

Free screening for Breast, Cervical and Bowel cancer is available on the NHS. These cancers can all be diagnosed earlier with regular screening. When you access your GP or NHS Health Check ask about these too. Eligibility depends on age, gender and likelihood of being affected.

? Ask your GP

## Drug and Alcohol

Services include advice, assessment, interventions, harm minimisations, health promotion, one to ones and residential treatment.

☎ Free phone 0300 555 5999

(Helpline staff can deal with all treatment and support queries and refer individuals directly into treatment services.)

👉 [www.bdaat.co.uk](http://www.bdaat.co.uk)