

Physical Health Matters

Information for mental health carers



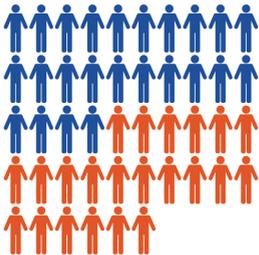
People living with mental illness die earlier than the general population, largely due to **preventable** physical health conditions.

There is an 11-year life expectancy gap for people living with mental illness compared with the rest of the population – two-thirds of these deaths are potentially preventable.

Carers themselves are also at risk of worse health outcomes.

TODAY

46 potentially preventable deaths



24 potentially preventable cancer-caused deaths

2x

People with severe mental illness are **more likely to die from cancer** before age 75, but their cancer screening rates remain low.



Read more in the Unequally Unwell Summary Report



How to help

Advise about the benefits of regular health checks and screens and ways of improving health and wellbeing.

Ask about their health and if they need support to arrange a health check-up.

Assist them to attend health appointments if they want this.

Empower the person you care for to use the Equally Well Consumer Resource to help them plan the physical health care they want.

Look after yourself

You too can use Equally Well resources and factsheets to support your own physical health.

Consumer Resource

The Equally Well Consumer Resource can help the person you're caring for to communicate their needs and preferences to doctors and clinicians.



Equally Well
Consumer Resource



Health
South Eastern Sydney
Local Health District



Health
Sydney
Local Health District



ST VINCENT'S
HEALTH AUSTRALIA



The Sydney
children's
Hospitals Network



For more information and resources visit: www.equallywell.org.au