

## Contact Details

T: 0208 571 7454

E: [mypracticemyhealth@hfehmind.org.uk](mailto:mypracticemyhealth@hfehmind.org.uk)

Post: HFEH Mind, 309 Lillie Road, SW6 7LL



### We value your feedback

Your feedback is important to us as it helps improve our services. If you have any suggestions, recommendations, questions, complaints or compliments, please contact us on: [dutyadultservices@hfehmind.org.uk](mailto:dutyadultservices@hfehmind.org.uk)

For further support and resources visit our website  
[www.hfehmind.org.uk](http://www.hfehmind.org.uk)

Or access our video website filled with helpful advice and tips:  
[www.my-mind.tv](http://www.my-mind.tv)

 mind Hammersmith, Fulham, Ealing and Hounslow

Registered Charity Number: 801259



# My Practice My Health

 mind  
Hammersmith,  
Fulham, Ealing  
and Hounslow

## My Practice, My Health

My Practice, My Health (MPMH) is a project supporting individuals diagnosed with Severe Mental Illness (SMI) to access their annual physical health checks.

My Practice, My Health is a project for adults (18+) living in or who have GP Surgeries in Hammersmith & Fulham and Hounslow.

## How can we support our clients?

- We can help you understand the benefits of annual physical health checks and listen to any concerns you might have.
- We can help you book a physical health check at your GP surgery.
- We can accompany you to the GP surgery for the physical health check appointment.
- We can help you overcome any worries or issues with physical health checks.
- We can help you overcome any barriers in attending physical health checks.

## How can I access support?

You can self-refer by going to our website and filling in a referral form on our 'My Practice, My Health' webpage.

You can get your GP to refer you through this method.

### You can call to self-refer:

0208 571 7454 (please leave a message)

### Or email:

[mypracticemyhealth@hfehmind.org.uk](mailto:mypracticemyhealth@hfehmind.org.uk)

## Eligibility:

- Be over 18
- Have a GP surgery or live in Hammersmith & Fulham or Hounslow
- Diagnosed with Severe Mental Illness (SMI)
- Need support with physical health checks