



### What is a Mental Health Care Plan?

Your mental health care plan provides you with the opportunity to identify what your goals are: how you keep yourself well; what are your coping strategies; what are your warning signs and triggers; what is your safety plan.

This is an opportunity to look at the support you have in place already and any additional support you may benefit from.

A week before your appointment, you will be sent a text message with a link to a questionnaire. You will then discuss this during your appointment.

## Who We Are

### About Us

We are the mental health team working for Coast and Country Primary Care Network. Our team includes Mental Health Practitioners and Mental Health Support Workers. We work alongside your GP surgery, supporting those with mental health conditions, offering severe mental illness annual reviews, early response to patients experiencing mental health difficulties, and signposting to appropriate support services.

### Contact Us

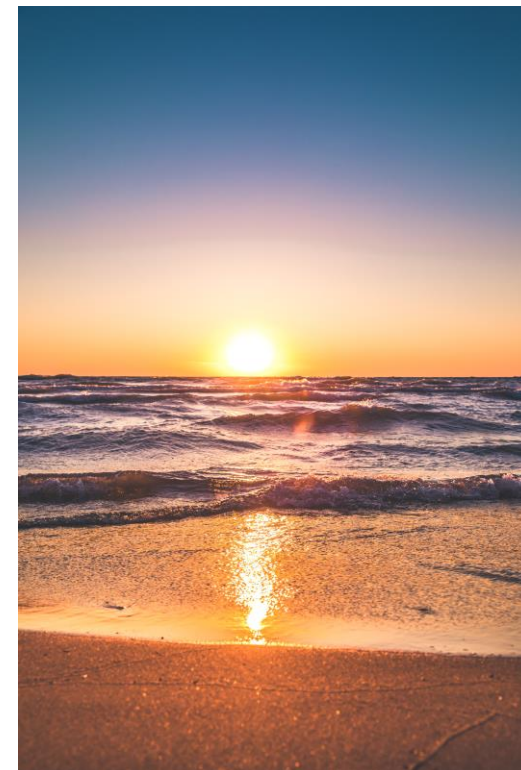
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**SEVERE MENTAL  
ILLNESS ANNUAL  
REVIEW APPOINTMENT**  
Holworthy Medical  
Centre,  
Dobles Lane,  
Holworthy,  
EX22 6GH



## SEVERE MENTAL ILLNESS ANNUAL REVIEW APPOINTMENT

*Coast & Country  
Primary Care Network*



## Who are annual mental health reviews for?

The reviews are for any person over the age of 18 who has been diagnosed with a severe mental illness such as schizophrenia, bipolar disorder, psychosis. If you are on an antipsychotic or mood stabilising medication such as Lithium, Olanzapine, Quetiapine, you will be invited to have an annual health check.

This may sometimes be done as part of a long-term condition review if you have other health conditions.

### Do I have to have an annual mental health review?

It is your decision whether you want to have an annual health review, but these checks can make a big difference to your health and wellbeing. By having this appointment, it can help to identify any concerns you may have and look for any health problems early. This means we can give you the treatment and support you need to remain well.

### How to book your mental health review?

You will be invited to book an appointment either by text message or phone call from the surgery.

### How long is the appointment?

You should allow an hour for your appointment.

### Who is the appointment with?

Currently, the clinics are being run by our Mental Health Support Workers, who work alongside the Mental Health Practitioners and General Practitioners.



### What does the appointment involve?

- Physical health check to include your weight, height, waist circumference, heart rate and blood pressure
- Urine sample
- Blood test
- Electrocardiogram (ECG)
- Medication Review
- Mental Health Care Plan

