STEPS TO A LONGER & HEALTHIER LIFE

For people with severe mental illness

People with severe mental illness die 10-25 years earlier than the general population

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- Go for regular health checks
- Monitor physical health & side effects of medicines
- Eat a healthy diet
- Support prevention of suicide
- Take regular exercise
- Encourage healthy lifestyles and healthy environments
- Refrain from tobacco use
- Take part in health-care decisions
- Provide education, housing & employment

PEOPLE WITH MENTAL DISORDERS

HEALTH AND SOCIAL SERVICES