

Second Step's Recovery and Wellbeing Service – Physical Health Project

Who are we?

We are part of Second Step's Recovery and Wellbeing Service. Second Step is a leading mental health charity that's been putting mental health first for people in Bristol and the South West for over thirty years. We believe that with the right support, everyone can take control of their life and make their future their own.

What is our project?

- This is a project to help improve the physical health of people with serious mental illness
- This project aims to support people with serious mental illness to better understand the links between physical health and mental health
- Help identify and overcome some of the barriers to engaging with physical health checks at the GP Practice
- Support people to attend physical health checks at their GP Practice
- Support people to link in with activities in their local area that help to improve physical health
- Help link in with online or face to face groups run by Second Step's Wellbeing College to help increase understanding of physical health and mental health

Why is this project important?

People with severe mental illness tend to have poorer physical health compared to the general population. This not only means that they are more susceptible to certain health conditions, but that their mental health is also likely to be negatively affected. This project is important as it supports people to take steps towards improving their overall physical health which can have an additional benefit of positively impacting their mental health and wellbeing.

How do we provide support?

We provide up to six one to one sessions over a two month period with a peer support worker who has both lived experience of mental health struggles and experience of working with people who have a mental health diagnosis. They will use their understanding of living with mental illness and their own recovery to support you to take steps towards improving your physical health.

Alongside this support, we are also able to help cover the cost of travel to your GP for a physical health check or the cost of joining an activity in your local area.

What do I do if I am interested in the project?

If you are interested in working with us, your GP can refer you into our project. Once we have received this referral, we will be in touch with you.