



Dental care

Good oral health is important and some mental health issues can impact on oral health and dental care.

Additionally, some mental health medications can cause a dry mouth which can affect your dental health. For more information on improving your dental health care visit: <https://www.dentalhealth.org/>

Alcohol and other drug use

Alcohol and other drug (AOD) use can affect both your mental and physical health. For some people, AOD use may trigger mental health symptoms, for others it may exacerbate or become a way of coping. For more information on potential risks and harms of your current alcohol and/or drug use and ways to reduce risk, talk to your GP or Care Coordinator or contact:

Alcohol & Drug Support Line: 9442 5000
Parent & Family Drug Support Line: 9442 5050

<http://greenbook.org.au/> is a directory of alcohol and other drug services and mental health services in Western Australia.
<https://www.myservices.org.au/> is an online directory of alcohol and other drug and mental health services for consumers, carers and families.

Tobacco

Smoking tobacco/nicotine affects both your physical and mental health.

Quitting smoking improves your current health and reduces your risk of cardiovascular disease, respiratory illnesses, and can reduce mood swings associated with cravings.

Smoking also affects medications you take for your physical and/or mental health. For more information talk to your GP or visit: <https://www.mifwa.org.au/>

Quitline 13 7848

Download the My QuitBuddy app from the app store (iOS) or Google Play Store (Android).

<https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app>

Further Information

For more information talk with your Care Coordinator or please see your local GP. More information on mental health services provided by East Metropolitan Health Service can be accessed via the website www.emhs.health.wa.gov.au/Hospitals-and-Services/Mental-Health or scan:



Physical health care and mental health

Information for consumers, carers, families and personal support persons.



Your health

Being an active participant in your own physical health care is important. This allows you to determine your own health outcomes and make decisions about your care.

Physical and mental health are closely linked, which means it is important that all recovery and treatment plans consider both your physical and mental health needs.

Physical health check-ups

Regular physical health check-ups with your General Practitioner (GP) helps to identify physical health issues and start treatment as soon as possible.

Physical illnesses may appear the same as a mental health symptoms. A physical health check-up can confirm the right care and treatment for you.

Medications

Medication prescribed for your mental health may cause side effects.

Routine monitoring of your physical health and wellbeing with your GP will help in identifying and managing any side effects that may occur.

Some East Metropolitan Mental Health Services also have a Wellness Clinic available to provide education and medication support. You can ask your Care Coordinator for more information.

Regular GP

Having a GP that you can access and attend regularly is important in helping you improve your physical and mental health.

Regular contact will allow for the GP to get to know you and treat your conditions effectively.

East Metropolitan Mental Health Services work closely with GPs. With consent, your Care Coordinator will assist you to link in with a GP if you do not already have one.

Your Care Coordinator, treating psychiatrist or specialist mental health doctor may also monitor your physical health and liaise with your GP on a regular basis to support your recovery.

If you don't have a GP you can access information on local GP services via:

www.healthywa.wa.gov.au/Service-search
www.healthdirect.gov.au/australian-health-services

Lifestyle advice

Lifestyle factors impact both our physical and mental health. These include exercise, nutrition, dental care, tobacco use, alcohol and other drug use.

Mental health services can provide support by working with you, your family, personal support persons and your regular GP to consider lifestyle factors affect your health and recovery goals.

For more information on keeping mental and physically healthy visit:

<https://www.actbelongcommit.org.au/>

Nutrition

Good nutrition is associated with better mental and physical health. Eating a balanced diet, with plenty of water and limited caffeine intake can be difficult at times. For more information on healthy eating speak to your GP or visit:

- <https://www.health.gov.au/health-topics/food-and-nutrition> for a range of information on good food and nutrition.
- <https://www.beyondblue.org.au/get-support/staying-well/eating-well> for advice on eating well to support a sense of wellbeing.

For Aboriginal specific support Wungening provides Aboriginal healing, health and wellbeing. <https://www.wungening.com.au/>

Exercise

Exercise has many benefits, not only for your physical health but also your mental health. Exercise stimulates chemicals that improve your mood, reduce stress and support mental health recovery.

For more information about exercise and mental health talk to your GP or visit:

- https://www.healthywa.wa.gov.au/Articles/N_R/Physical-activity for advice on benefits and how to get started.
- <https://www.heartfoundation.org.au/> for information on wellness, nutrition and exercise.
- Derbarl Yerrigan provides support on all aspects of wellness <http://www.dyhs.org.au/>

