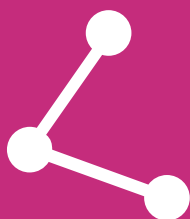



# Preventative Health Initiative

Physical health support for  
people experiencing mental  
health conditions

North-Eastern and  
Eastern Melbourne





*Do you need support to access preventative health services?*

*Do you want to learn more ways to improve your physical health?*

**The Preventative Health Initiative (PHI) provides you with individual support to improve your physical health while understanding your mental health needs.**

Our aim is to make it easier for you to connect with, access and maintain the services you need to enhance your physical health.

We work together with primary health, mental health and other community services to ensure the effective delivery and coordination of high-quality integrated care.

We also support the active engagement of carers, healthcare teams, family members and friends.



**Preventative health** is the use of proactive measures that are intended to protect, promote, or maintain health and well-being while at the same time, helping to prevent disease and injury.

## Our approach

We use an evidence-informed, mental health understanding to support your physical health.

Our approach emphasises the importance of increasing your understanding and confidence to manage your own health.

## How we can help

During one-on-one sessions, our registered nurses will work with you to identify your health goals and the support you need to achieve these goals.

The support is tailored to your individual needs, and might include:



A **comprehensive health check**, which includes information and assistance related to:

- Breast cancer screening
- Cervical cancer screening
- Bowel cancer screening
- Tobacco management
- Flu (influenza) immunisation



**Personal support** to keep you motivated, such as telehealth or face-to-face meetings.



**Coaching** to improve your confidence to achieve your health-related goals.



**Referrals** to GP, Allied Health, and other health providers.



**Facilitating your attendance** to GP and various Preventative Health appointments

## Is this service right for you?

The Preventative Health Initiative is available to people aged 18+ who:

- Are experiencing a mental health condition (a formal clinical diagnosis is not required, this can be discussed during intake).
- Would benefit from short-term, targeted physical health support.
- Live, work or study in the Eastern Melbourne Primary Health Network (EMPHN)

*The EMPHN catchment includes the Local Government Areas of: Banyule, Boroondara, Knox, Manningham, Maroondah, Mitchell, Monash, Murrindindi, Nillumbik, Whitehorse, Whittlesea and Yarra Ranges)*

**To check if this service is right for you, please don't hesitate to call or email.**

Contact details provided on the back ▶

The Preventative Health Initiative is a free service



## Get started or refer someone you know

Anyone can make a referral to the Preventative Health Initiative, including:

- You (self-referral)
- Carers, family and friends
- Your Doctor or General Practitioner (GP)
- Other mental health or health services

To make a referral:

- Call the **Preventitive Health Initiative** on 1300 185 399, or
- Call the **EMPHN Referral and Access Team** on 9800 1071
- Download a referral form from: [www.neaminational.org.au/PHI](http://www.neaminational.org.au/PHI)

## Are you a GP, health professional or mental health service provider?

Referral forms can be submitted by either fax, email or via **ReferralNet** secure messaging (please use account ID: *Preventative H*).

**For further service-coordination and capacity-building opportunities (such as resources, workshop delivery and training) please get in touch with our Health Promotion Practitioners.**

## Contact

 1300 185 399

 03 9012 4233

 [PHI@neaminational.org.au](mailto:PHI@neaminational.org.au)

 [www.neaminational.org.au/PHI](http://www.neaminational.org.au/PHI)

## About Neami National

Neami is a community-based organisation providing mental health, homelessness and suicide prevention services. Using a recovery approach, we deliver a range of programs improving mental health and wellbeing in local communities.

The Preventative Health Initiative is a Neami National Service funded by the Australian Government under the Eastern Melbourne Primary Health Network.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.



Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.