



Physical Health

POLICY

The Mental Illness Fellowship of Australia believes that the poor physical health and wellbeing experienced by people living with serious mental illness is a major and preventable issue that needs to be prioritised by all levels of government and in the relationship between an individual and their treating medical practitioner.

PRINCIPLES

- Mental health and physical health are inextricably linked.
- People affected by serious mental illness experience significantly poorer physical health and have a life expectancy up to 25 years less than the general population.
- More effective and innovative practices in health and community settings can improve the physical health of people with a serious mental illness.

ACTIONS

- We advocate for improvements to the range of healthcare and self management practices aimed specifically at people living with serious mental illness.
- We support the development of targeted programs that are individualised, recovery focused, goal-orientated and supportive of people living with serious mental illness.
- We support new developments which include a strong element of peer work and promote effective self-management.