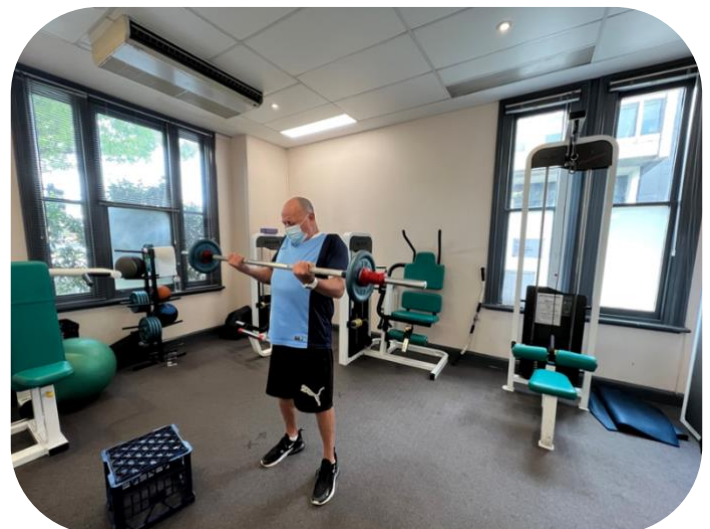


Free physical health service for people with severe mental illness

Keeping the Body In Mind - Primary (KBIM-P) provides free exercise physiology and dietitian services for people living with severe mental illness.

These services are on offer through both telehealth and face to face appointments conducted at the UNSW Lifestyle Clinic. This service is entirely free and provides up to 10 sessions with an accredited exercise physiologist and 10 sessions with a dietitian.

Referrals can be made electronically using this link: <https://redcap.link/kbimprimary>



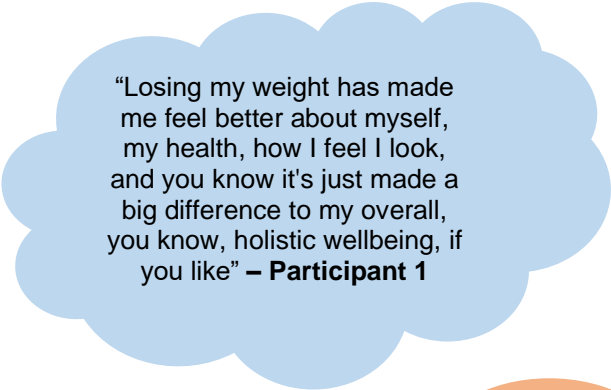
The KBIM program includes:

- One-on-one exercise physiology and/or dietitian consultations adapted to individual needs and preferences
- Participant led goal setting and barrier identification
- Education on the physical and mental health benefits of a healthy diet and participation in a structured exercise program
- Development of a mental health-informed and personalised dietary advice and physical activity program
- Accessible and effective home-based exercise programs with or without equipment
- Assistance with meal planning, shopping, and cooking
- Pathways into other community-based services for longer term support, as required

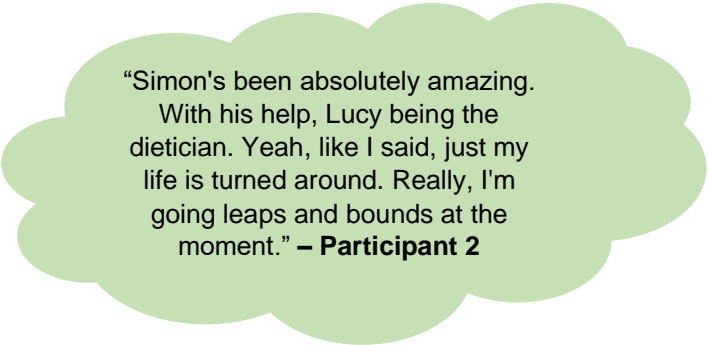
Eligibility is as follows:

- Ages 18-65
- Diagnosed with one or more of the following; schizophrenia, schizoaffective disorder, major depressive disorder, bipolar disorder.
- Lives in Central and Eastern Sydney (list of eligible suburbs: https://cesphn.org.au/wp-content/uploads/2022/09/20211123_CESPHN_catchment_area_by_postcode.pdf)
- Must not be currently engaged with public hospital mental health services.

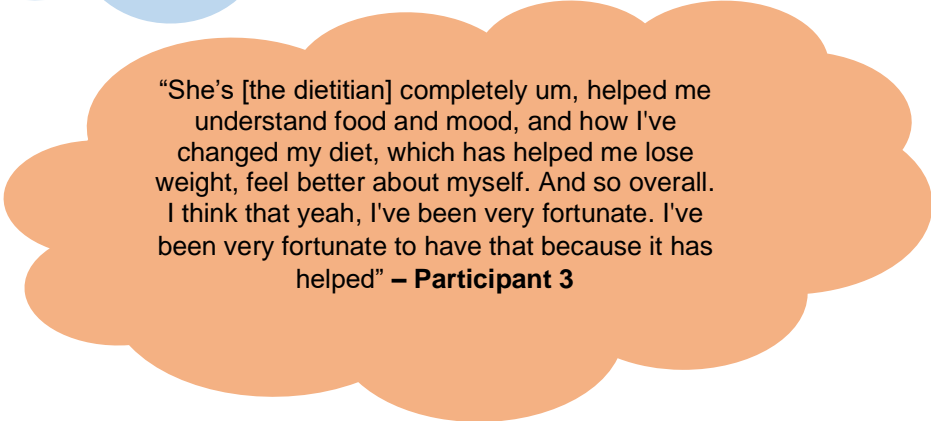
Participant Quotes



“Losing my weight has made me feel better about myself, my health, how I feel I look, and you know it's just made a big difference to my overall, you know, holistic wellbeing, if you like” – **Participant 1**



“Simon's been absolutely amazing. With his help, Lucy being the dietician. Yeah, like I said, just my life is turned around. Really, I'm going leaps and bounds at the moment.” – **Participant 2**



“She's [the dietitian] completely um, helped me understand food and mood, and how I've changed my diet, which has helped me lose weight, feel better about myself. And so overall. I think that yeah, I've been very fortunate. I've been very fortunate to have that because it has helped” – **Participant 3**

For any further enquiries please contact the Keeping the Body in Mind team.

Dietitian: 0488 096 084

Exercise Physiologist: 0401 979 228

<https://www.mindgardens.org.au/what-we-do/research-project/keeping-the-body-in-mind-primary-care>