

The Keeping the Body in Mind - Primary (KBIM-p) program, funded by CESP HN, provides **free physical health support** to individuals living with severe mental illness.

Participants have reported significant lifestyle improvements, including better nutrition, increased physical activity, and enhanced mental health.

“KBIM has assisted my wellbeing and recovery...I have experienced a positive effect on mood and increase in physical strength and balance. I strongly recommend this program...”

Key Features:

- **Up to 10 Free Sessions:** Each participant receives up to **10 sessions each** with an Exercise Physiologist, Dietitian, and Nicotine Treatment Specialist as required, at no cost.
- **Peer Support:** Ongoing assistance from a Mental Health Peer Worker to help maintain health goals and provide valuable lived experience perspective.
- **Telehealth Options:** Accessible consultations via video or phone, along with effective home-based exercise programs and online dietitian services.

KBIM-p is available to individuals who:

- Are between the ages of 18-75 years.
- Are not currently managed by public mental health services.
- Experience severe mental illness with a diagnosis such as schizophrenia, schizoaffective disorder, bipolar disorder, or major depressive disorder.
- Live in the CESP HN region.

TGP or mental health professional (e.g., psychologist, psychiatrist) can refer to this service.

To refer someone who meets the eligibility criteria:

Please complete the referral form online via this [link](#).

Service Provider	Mindgardens
Phone	(02) 9065 5450
Email	e.draper@unsw.edu.au

For more information [visit the CESP HN website](#).