



LONGER LIVES

Longer Lives: Ensuring every person with a mental illness can live a long and healthy life

What's the challenge?

People with severe mental illness (SMI) are dying much earlier than people who don't have a mental illness. In most cases this is due to highly preventable causes, such as poorly controlled diabetes, high cholesterol, high blood pressure and smoking.

What will we do?

We will be engaging with key experts and leaders from across North Central London (Barnet, Enfield, Haringey, Camden and Islington) to understand what's working well to support the physical health of people with SMI and what needs to improve. We will especially want to get the views of people with lived experience. We will do this by going out into each borough to hear about people's experiences with their physical health.

How can you help?

If you live in Barnet, Enfield, Haringey, Camden or Islington, and have experiences of severe mental illness—either your own, or supporting a friend/family member—we would like to hear your views on:

- The services that helped to support you, or someone you care for, with physical health needs
- Any barriers you experienced in accessing physical health care
- What you felt was missing or not good enough
- Any other thoughts you have about what is needed to support people with mental illness to access physical healthcare

How to contact us:

Email:

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By post:

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By telephone/video call:

Please send us an email to request a telephone call or video call.

By questionnaire:

Please scan the QR code below to open our physical health questionnaire. All answers are anonymous.

