

# Promote Wellness-Coordinate with a Primary Care Physician

Compared to the general population, persons with major mental illness typically lose more than 25 years of normal life span

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- While suicide and injury account for about 30-40% of excess mortality, about 60% of premature deaths in persons with Schizophrenia are due to “natural causes” such as Cardiovascular disease, Diabetes, Respiratory diseases, and Infectious diseases
- Persons with mental illness seek less primary care, routine testing, poor dental care, and have little integration of primary care and psychiatry

## Help increase wellness for people with mental illness:

- Educate /share information to make healthy choices regarding nutrition, tobacco use, exercise, and review implications of psychotropic drugs
- Implement a physical health Wellness approach that is consistent with Recovery principles, including supports for smoking cessation, good nutrition, physical activity and healthy weight.

**But most importantly help them get a primary care physician and coordinate both mental and physical healthcare!**