



Get active

in your own physical health care

Your physical health and mental health are linked. If you're a Koori who wants to improve their physical, social and emotional wellbeing, its important that you:

- ✓ See a doctor regularly, and the same one if you can, so they get to know you and your health issues
- ✓ Get a physical checkup at least every 12 months
- ✓ Ask your mental health service for help in making an appointment with a doctor or help to get there
- ✓ Give your doctor and your mental health service permission to share information about your physical health

Talk to your doctor or contact your mental health service or Aboriginal Medical Service today about what else you can do to get active in your own health care.

Linking
physical and mental
health care...
it makes sense

NSW  HEALTH