



Healthy Body - Healthy Mind;
Supporting you towards a healthier and more active lifestyle.

Telephone **02037 273600**
www.hertfordshiremind.org



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Supporting your physical wellbeing

Evidence suggests having a mental health issue can also affect your physical health. You may experience weight gain, poor sleep, high blood pressure or a range of other health issues. **Healthy Body - Healthy Mind** aims to help people with mental health issues improve their physical health.

Making positive physical health changes can be difficult; **Healthy Body - Healthy Mind** can support you by providing information, a health assessment and assistance in developing a health improvement plan specific to you. You may not be ready to make changes yet but you may like to talk about how to make them in the future.

Healthy Body - Healthy Mind can also signpost you to other appropriate local services that may be beneficial to you.

The service is available by appointment only so call **02037 273600** for details.

Herts Mind Network is a registered charity - No. 1112487 and company limited by guarantee No. 5532977