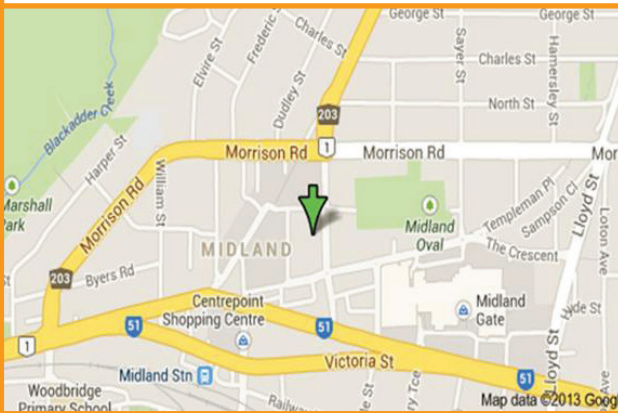


Where and when?

The groups meet weekly at MIFWA's Midland Office.

You can find us at:
**Midland Professional Centre,
Level 3
9 The Avenue, Midland WA 6056**



Costs

The physical health program is funded by the Mental Health Commission. Attending the program is free. Light snacks, tea and coffee are also provided.

Funded by:



Government of **Western Australia**
Mental Health Commission

Referrals

We take referrals for individual support, group support and people living in supported accommodation.

We can visit people living in their own home to discuss their physical health issue and assist them with goal settings.

Referrals will be accepted from General Practitioners, Mental Health and Allied Health Professionals.
We also accept self-referrals.

How do you join?

Please contact the Project Manager of The Meerkat Mob during business hours

9 am - 4.30 pm Monday to Friday

Phone: (08) 9237 8900 or 0400 824 170

Fax: (08) 9250 7337

Email: joyce.vidot@mifwa.org.au

The Meerkat Mob is a service of the Mental Illness Fellowship of WA Inc.

Postal Address

PO Box 1947

Midland Delivery Centre, Perth WA 6936

www.mifwa.org.au



MIFWA
mental illness
fellowship of WA



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**A supportive Physical Health Program
for people who have experienced
mental illness.**

MIFWA is a member of the
Mental Illness Fellowship of Australia



**MENTAL ILLNESS
FELLOWSHIP
of Australia Inc**

Support

MIFWA has named its Physical Health Program, “The Meerkat Mob” as meerkats operate in a social settings where each look out for each other and for the greater good of the community.

The support provided will give you more self-confidence, self-acceptance and self-respect. This will make you actively involved in your own personal recovery to make positive and healthy lifestyle choices to suit your future needs.

This program is to increase individual’s awareness and understanding the benefits of a healthy lifestyle. This program addresses the barriers to self care experienced by people who live with mental illness.

Statistics

National and international research demonstrates poor physical health outcomes for people with mental illness.

Amongst this group in comparison to the general population:

- Cardiovascular disease is 3 times greater.
- Diabetes is at least 4 times greater.
- Significant weight gain related to commonly prescribed medication and other factors is around 40% greater.

Program Focus

The Meerkat Mob Physical Health Program is a State Peer based physical health and Mental health program which is designed for people with mental illness who are living in the community, hostels and rehabilitation units.

The Meerkat Mob offers a positive environment where you can learn more about physical health as well as improving your mental health.

This group program consists of two hours per week and is run over an eight week period for people:

- Who are thinking about improving physical health.
- Who want to learn about good nutrition.
- Who want to reduce bad habits.
- Who want to learn stress management strategies.



Topics

- Interactive and supportive discussions on health, addictions, habits, diseases and lifestyles.
- The positive impact on physical exercise.
- Dealing with the difficult and negative emotions of mental health.
- Neuroplasticity.
- Community Information.
- Guest Speakers.

The individual support is based on the Flinders University Program which provides a generic process for assessment and planning for specific management of chronic illness.

The program is facilitated by Peer Workers who have a recovered lived experience of mental illness, who understand themselves the importance of good physical health and it’s impact on our mental health.

MIFWA’s Physical Health Program will support individuals to improve their mental health by improving their physical health.

