

Helping people improve their health and live longer!

A project with the University of Newcastle and One Door



Can I please ring you and ask you some questions for our research project?

What's it about?

It's about your **general health** and what's important to you.

How confidential will it be?

Your information will be confidential. Someone from the University of Newcastle will talk to you and no one at One Door or your local support teams will know what you have talked about.

You will receive a **\$20 gift card** for participating



Mmmmm! I might be interested. Let me think about it.

Did you know...



Most people living with a mental illness also have long term **physical health problems**

Causing

Reduced life expectancy

↓
12-30 years

You can help us find better ways to help people improve their health and live longer!



We'd like to talk to people with mental health concerns to find out what would help them the most to improve their general physical health.



\$20 Gift Card

To thank you for helping with the project, the university will give you a \$20 gift card.

Scan the QR code below & fill in your contact details to let us know you would like to participate. You will be asked to enter your name, contact phone number, centre location, and best time for us to call you:



What do I do?

- 1 Read the university's infosheet.
- 2 If interested, scan the QR code with a QR code scanner on your mobile phone.
- 3 A member of the university's project team will ring you to set up a telephone interview.

For more info University of Newcastle: CMO
Connect team 02 4913 8128