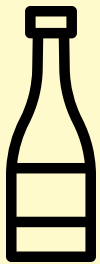
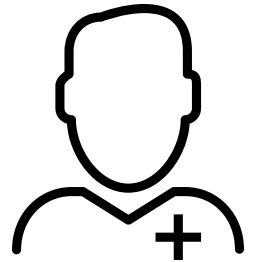


# Information for people with psychotic disorders

If you have concerns about your physical or mental health, your GP can help.



For example, you can talk to your GP if you have concerns about your alcohol or drug use.

Your GP can help you manage mental health concerns, such as:

- Anxiety
- Depression
- Hallucinations



They can also help you manage things like:

- Digestive issues
- Breathing issues
- Weight management
- Chest pain

There are also self-help resources online. For self-help resources, visit:

- [Equallywell.org.au/resources/help-yourself](https://equallywell.org.au/resources/help-yourself)



For more information about this research, visit: <https://www.3dn.unsw.edu.au/projects/addressing-preventable-disease-burden-improve-health-outcomes-people-schizophrenia-and-related-psychozes>

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