

Module 1: UCLP-Primrose and behaviour change

[START COURSE](#)

The purpose of this course is to provide you with the knowledge, skills and confidence to support people living with severe mental illness to make changes that have a meaningful impact on their cardiovascular health.

The course will be useful for all healthcare professionals but has been designed with the wider workforce in mind e.g., healthcare assistants, health and wellbeing coaches, social prescribing link workers.

This is the first of four modules. It is made up of four lessons, the first two will introduce you to UCLP-Primrose and its role in transforming care for people living with severe mental illness. The second two will explain how UCLP-Primrose supports people living with severe mental illness to change everyday behaviours to improve their cardiovascular health.

INTRODUCTION

Why UCLP-Primrose matters

The link between severe mental illness and physical health

CHANGING BEHAVIOUR TO IMPROVE CARDIOVASCULAR HEALTH

The UCLP-Primrose pathway

☰ How changing behaviour can help reduce cardiovascular disease

