The physical health system is so inaccessible for people with mental health support needs and has getting worse through Covid through added layers of bureaucracy that make it difficult to navigate.

My local area has stopped walk in blood tests. You have to book online or by telephone but the telephone queue is very very long. When I called I was 63 in the queue. They have a system where they say they will call you back but they never do. My GP surgery has been constantly pestering me to get my bloods done. Eventually my elderly Mum helped me book. On the day I arrived two minutes late in a lot of distress. Waiting in a crowded waiting room was very difficult for me. There was no reception, just nurses coming out calling names. Eventually I was brave enough to go and speak to one of them and she berated me for being late. My GP is always saying I need this and that checked because of all the medication I am on but then I have to book the appointments which is a huge difficulty for me and then I have to get myself there. I also forget things all the time as part of my impairment. So I get confused with the samples and then they can't test them.

I really wish there were specialist physical health centres for people living with mental distress. Universal services are failing us badly hence significant physical health disparities.