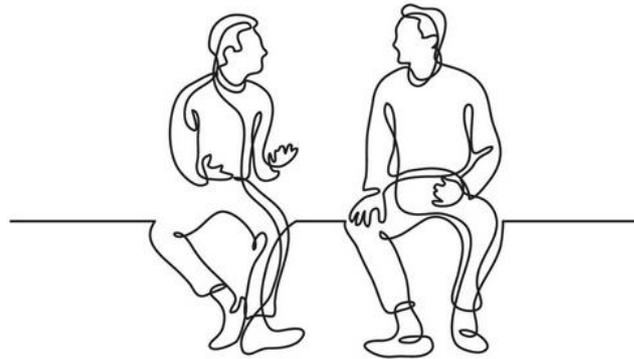


The Assertive Cardiac Care Trial (ACCT) Healthy Hearts Study

[Information for Participants]



This study is funded by the National Health & Medical Research Council (NHMRC) grant number: APP1141344 (2018–2023).

Thanks for your interest in The ACCT Healthy Hearts Study.

Your GP is involved in a new Australia-wide trial to improve the heart health of people who live with a complex mental health diagnosis. The trial is being run through The Department of General Practice at The University of Melbourne and has ethics approval from the University (ID185305). It's part of a national initiative to improve physical health care of people who live with complex mental health and distress in Australia.

We are working with your GP clinic to test a new way to support people to improve their heart health - the approach has been codeveloped with other people living with complex mental health to find the best ways to conduct the study and work together to improve heart health.

Why have I received this information?

We are writing to a selection of people at the clinic who we think may benefit in this trial.

[You can read some further information about The ACCT Healthy Hearts Study by looking at other information on the website.](#) This information gives you an overview of the project and what is involved if you decide to participate. As we do not have any of your private information, we need you to get in touch with us at the university if you'd like to try this out.

How have I been contacted?

Staff at your GP clinic have looked through their records to find people who have received care for mental health who may benefit from this study. No information has been shared with the researchers at the University and your personal, contact and health information has remained confidential.

How to get more information or request to be involved?

Our phone number is: **1800 431 212**

Our email address is: **healthy-hearts@unimelb.edu.au**

We hope you will consider taking part in this important research which has been developed together with people who live with mental illnesses to help improve heart health in Australia.