

By endorsing the [consensus position paper](#), we acknowledge the physical health inequities in people who experience mental health and addiction issues; and we are committed to taking action to achieve physical health equity. In particular, aligned with our commitment we believe that people with experience of addiction and mental health issues:

- ▶ be identified as a priority group at a national policy level based on significant health risks, poorer physical health outcomes and a higher prevalence of premature mortality
- ▶ have access to the same quality of care and treatment for physical health issues as the general population, and in particular to have the right to assessment, screening and monitoring for physical health and wellbeing that takes into account greater levels of risk
- ▶ be offered support to make the connection to how physical health interacts with mental health and addiction issues, and support to develop personal goals and changes to enhance physical wellbeing.

Mahi Yoga Ltd: Equally Well action plan

- ▶ Make our studio (its physical environment, social media, culture, and class offerings) welcoming to:
 - people who experience mental health issues
 - people of all ages, backgrounds, cultures, abilities and orientations
- ▶ Offer yoga, meditation and related practices (mahi) that support mental wellbeing, are safe and are evidence-based
- ▶ Welcome and acknowledge teachers and students who have lived experience of mental health and addiction challenges and encourage open and courageous conversations mental wellbeing
- ▶ Recruit teachers with training and experience (such as counselling and trauma-sensitive yoga teaching) which equips them to support people who experience mental health challenges
- ▶ Support professional development for our teachers to enhance their ability to recognise and respond to mental health issues
- ▶ Encourage and support our teachers and our yoga community to engage creatively with underserved populations, including those with mental health and addiction challenges



**These are the guiding principles of Equally Well
that we will adopt for implementation**