

Getting help with your mental health



Feelings are your emotions.

They can be good or bad feelings.



Good feelings are

- happy
- joy
- excited



Bad feelings are

- being upset
- down
- sad
- worried
- angry



If you feel different to normal you can talk to your

- family
- friends
- disability worker
- doctor



Mental health is about how you think and how you feel.



A **mental health problem** is when feelings start to bother you.

A **mental health problem** can also be when you do not feel in control of your feelings.



If you think you have a mental health problem, you should talk to your doctor.



A **mental illness** is when your feelings and thoughts make it hard to cope.

If you have a **mental illness**, you should talk to your doctor or a **mental health worker**.

Mental health workers are people who work to help you with your mental health.



A bad mental illness is when your feelings and thoughts mean you cannot cope at all.



If you have a bad mental illness you should talk to a mental health worker.



You need to go to the emergency department at a hospital if you

- feel very unwell
- think that you might hurt yourself or someone else
- want to die



If you need help with your mental health you can call



Emergency services **000**



Lifeline **13 11 14**



NSW Mental Health Line **1800 011 511**



Beyond blue **1300 22 4636**



Suicide call back service **1300 659 467**

Easy read information on public mental health services in New South Wales

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This information sheet is part of a series of easy read resources explaining

- how people can access public mental health services in New South Wales and
- what they can expect.

For information on how to support people to use easy read see

[**Making mental health information accessible for people with intellectual disability – A Toolkit**](#)

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UNSW Sydney 26.11.20 v1

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