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
Getting help with your mental health

Authors

Janelle Weise¹, Bronwyn Newman¹, Claire Eagleson¹, Karen Fisher², and Julian Trollor¹.

¹Department of Developmental Disability Neuropsychiatry, School of Psychiatry, Faculty of Medicine, UNSW Sydney

²Social Policy Research Centre, Faculty of Arts and Social Sciences, UNSW Sydney

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

© Department of Developmental Disability Neuropsychiatry
UNSW Sydney 26.11.20 v1

No changes can be made without author consent.