**Mental health workers who work in this hospital**

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|  | This easy read information sheet is about the **mental health workers** who work in this hospital. |
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|  | **Mental health workers** are people who work to help you with your **mental health**.  **Mental health** is about how you think and how you feel.  <Insert brief descriptions of applicable mental health workers e.g.> |
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|  | **Psychiatrists**  A **psychiatrist** is a doctor who helps you with your mental health.  A psychiatrist will be in charge of your care. |
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|  | Psychiatrists can **prescribe** medicine.  To **prescribe** means to recommend and say it is OK for you to take some kind of medicine.  Psychiatrists can tell you which medicine to take to make your mental health better. |
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|  | **Mental health nurses**  Mental health nurses are the main people who will look after you each day in hospital.  A mental health nurse may give you medicine.  A mental health nurse can also help you with things like having a shower and getting dressed. |
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|  | **Psychologists**  A **psychologist** helps you with your mental health by talking with you.  Psychologists help you find things you can do to feel better.  Psychologists do not give you medication. |
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|  | **Social workers**  A **social worker** is a mental health worker who helps you find the support you need to stay well.  You can talk to a social worker when you need information about services or support for you or your family. |
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|  | **Occupational therapist**  **Occupational therapists** help people take part in daily activities and support them to learn new skills. |
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|  | **Case managers**  A **case manager** is a health worker who helps plan and organise your care and other services you will get. |
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|  | **Peer workers**  A **peer worker** is someone who has a lived experience of mental health problems.  A peer worker can support you and help advocate for you. |
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|  | **Dieticians**  A **dietician** helps you to choose the best foods to eat so you can be healthy. |
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|  | **Exercise physiologist**  An **exercise physiologist** suggests exercises you can do to get healthy.  These exercises can help with any illnesses or injuries you may have. |
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|  | **Details of your <health care team>**  Your <health care team> has mental health workers who will care for you and provide your **treatments**.  **Treatments** are things that can help you feel better. |
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|  | We will write down the names of your <health care team> on a sheet.  We will also write down when you will meet with people in your <health care team> on this sheet. |
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|  | There is a list of what some **words** mean in this information sheet [**here**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Wordlist_ERv1.pdf)or go to[**www.3dn.unsw.edu.au/projects/easyread**](http://www.3dn.unsw.edu.au/projects/easyread) |

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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**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_AccessibleInformation_Toolkit_ERv1.pdf)

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