

Questions you can ask when you want to find a mental health service in the community



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

These are questions you may like to ask **mental health workers**.



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

This sheet does not have the answers to your questions.



Mental health workers will give you the answers.

You do not have to ask all these questions.

You can ask any questions when it suits you.

These are some questions you could ask



Do you have easy read information about this service?

What experience does this service have with intellectual disability?



Who can I talk to if I have more questions?



What **treatments** does this service offer?

Treatments are things that can help you feel better.



Can my family or support person help me with my treatment?



How long will I wait to get a check up?



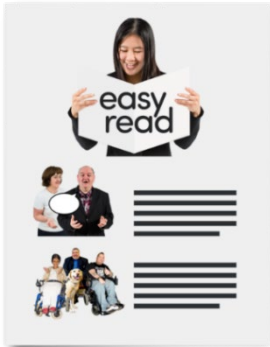
How do I make an appointment for a check up?



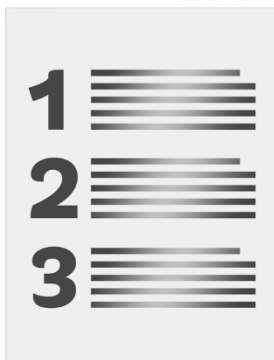
What should I bring with me to my check up?



Do I have to pay for the mental health service?



For more information on mental health services see the **People who can help with your mental health** easy read information sheet or go to www.3dn.unsw.edu.au/projects/easyread.



There is a list of what some **words** mean in this information sheet **here** or go to www.3dn.unsw.edu.au/projects/easyread.

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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**](#)

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