

People who can help me with my mental health



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

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

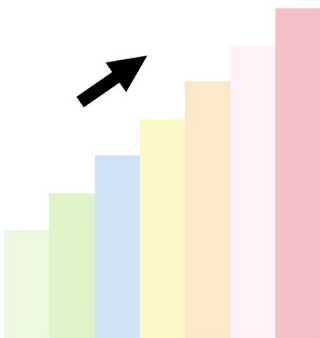
A **mental health problem** can also be when you do not feel in control of your feelings.

For more information see

<https://cid.org.au/resource/mental-health-guide/>

or search **CID mental health guide** in your web browser.

There are different ways to help you have good mental health.



These are called levels of care.

You choose the level of care based on how you feel and think.

Level 1 Looking after yourself



You can do things to help your mental health.



The Council for Intellectual Disability has a great resource for this.

It can be found here

<https://cid.org.au/wp-content/uploads/2019/07/Tips-to-help-mental-health.pdf> or

search for **CID tips to help mental health** in your web browser.



Black Dog Institute has a program called Healthy Minds which can help with your mental health.

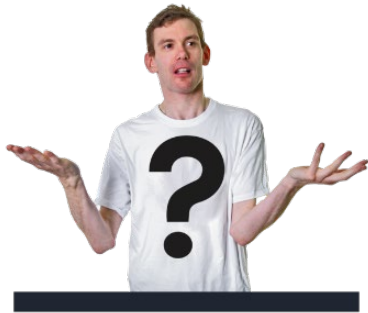
healthymind.org.au

Level 2 Talking to people you trust



Someone you trust could be

- your family
- your friends
- your disability workers
- other people who are close to you



You can tell someone you trust if you feel different to normal.



If you tell people how you feel they can

- listen
- give you advice
- help you to change the things that make you feel bad

Level 3 Going to a general practitioner



Your **general practitioner** is your regular doctor.

They are also known as a GP.

You can see your GP if you feel different to normal.

They are the first health worker to talk to about mental health.



If you have a mental health problem they can

- give you information on things you can do to help your mental health
- tell you ways your family and friends can help you feel better
- tell you what medicine to take
- help you find **mental health workers** who can help you

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

Level 4 Going to a community mental health service



Community mental health services are for people with a **mental illness**.

Mental illness is when your feelings and thoughts make it hard to cope.



Community mental health services can

- help you when your GP is unable to help you feel better
- help you talk about your feelings
- give you medicine

Level 5 Getting mental health help at hospital



Some mental health services are in a hospital ward.

If you are very mentally unwell you may have to stay in a hospital.



Hospital mental health workers can

- help you to talk about how you feel
- help you to talk in a group about how you feel
- give you medicine and make sure that it helps you



When you feel better you can go home from hospital.

If you need help when you go home, the hospital can set it up.

Level 6 Going to a special mental health service for people with intellectual disability



These special services are good at helping people with intellectual disability who have a mental illness.

The mental health workers are experts in intellectual disability.

Your GP or mental health worker can ask for a specialised mental health service to help you.

Specialised mental health services can be in a hospital or in the community.



Specialised mental health services can

- help your GP or mental health worker decide what they can do to help you feel better
- help you to talk about your feelings
- give you medicine

Level 7 Going to an emergency mental health service



Emergency mental health services are in an emergency department in a hospital.

Emergency departments are sometimes called ED.



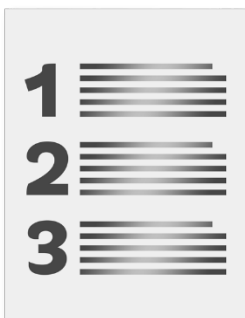
Emergency Departments can help if you

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

You can go to an emergency department without an appointment.



The police or ambulance can also take you to an emergency department.



There is a list of what some **words** mean in this information sheet **here** or go to

www.3dn.unsw.edu.au/projects/easyread.

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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