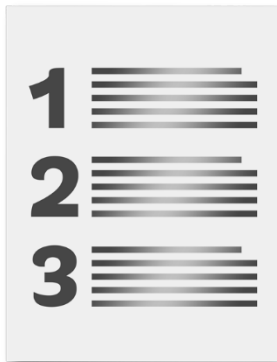


Word list



This is a list of some words used in the **easy read information sheets on public mental health services in NSW.**

It tells you what the words mean.



Adjournment

An **adjournment** is when the Mental Health Review Tribunal decides that the hearing must be held later.



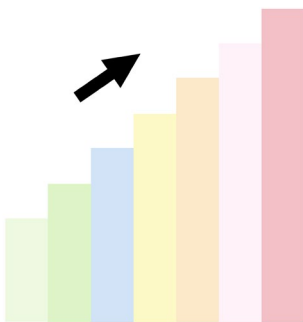
Admission

Admission is when you come to stay in hospital.



Appeal

An **appeal** means you ask the Mental Health Review Tribunal to have another meeting.



Care level

Your **care level** lets mental health workers know how often they should see you to make sure you are OK when you are in hospital.



Care plan

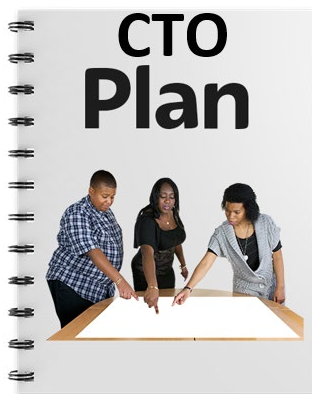
A **care plan** is a list of things you can do to help you get better.

A care plan is sometimes called a treatment plan.



Case manager

A **case manager** is a health worker who helps plan and organise your care and other services you will get.



Community Treatment Order

A Community Treatment Order is called a **CTO** for short.

A **CTO** is a plan for you to get your mental health treatment in the community without having to stay in hospital.

You must follow the rules in the plan.



Complaint

A **complaint** is when you tell someone you are not happy with something.



Confidential

Confidential means information about you that people should not share with others.

Mental health care workers only share confidential information when

- you say it is OK or
- when there is a good reason or
- when the law says they must



Consent

Consent is when you give permission or agree something is OK.



Designated carer

A **designated carer** is a person who you have chosen to be told information about your mental health.

Designated carers are people who you know well.



Dietician

A **dietician** helps you to choose the best foods to eat so you can be healthy.



Dignity

Dignity is to treat you with respect.

Dignity is also to give you as much privacy as possible.



Discharge

Being **discharged** means leaving hospital when you are well enough.



Discharge plan

A **discharge plan** lists the treatment and support you will get when you go home.



ECT

ECT is short for electro convulsive therapy.

ECT is sometimes used to help mental illnesses when other treatments or medicines do not work.



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.



General practitioner

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

General practitioners are also known as a GP.



Guardian

A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.



Health passport

A **health passport** is a list of important information about you and your health.

Some people have a health passport to take to different appointments or hospital.



Illegal drugs

Illegal drugs are ones that the law does not allow you to have.



Involuntary patient

You are an **involuntary patient** if you must stay in hospital for mental health treatment until you are well enough to go home.

It is not your choice when you can leave.

You can go home when your doctor says you can.



Lawyer

A **lawyer** is someone who knows about the laws and government rules in Australia.



Leave

Leave means that you can go out of the hospital for a while and then come back.



Medication

Medication is sometimes called medicine or drugs.

Medication can be in

- a tablet
- a pill
- a drink
- a needle

Doctors tell people which medicine to take to help make them better.



Mental health

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



Mental Health Act

The **Mental Health Act** is the rules about mental health treatment in NSW.

Mental health problem



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.



Mental Health Review Tribunal

The **Mental Health Review Tribunal** is a group of people who know a lot about mental health treatment and the law.



Mental health worker

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



Mental illness

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



Mentally disordered

Mentally disordered is when someone is doing things that are dangerous or do not make sense.



Occupational therapist

Occupational therapists help people take part in daily activities and support them to learn new skills.



Official Visitor

Official Visitors make sure people who are getting mental health care are treated well.

They do not work for mental health services.

You can talk to an **Official Visitor**.



Peer worker

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.

Prescribe



To **prescribe** means to recommend and say it is OK for you to take some kind of medicine.

Principal care provider



A **principal care provider** is the main person who helps or cares for you when you are at home.



Privacy

Privacy means other people cannot see or hear things about you that you do not want them to know.

Psychiatrist



A **psychiatrist** is a doctor who helps people with their mental health.



Psychologist

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.



Recovery

Recovery means getting better so you can do the things you want to do.



Respect

Respect is showing care about who you are and what is important to you.



Responsibilities

Your **responsibilities** are what you need to do.



Scheduled

Being **scheduled** is when you must stay in hospital for mental health treatment.



Side effect

A **side effect** can make you feel unwell.

Some medications can give you **side effects**.



Social worker

A **social worker** is a mental health worker who helps you find the support you need to stay well.

Support group



A **support group** is a small group of people you meet with to talk about mental health.

Talking therapy



Talking therapy is when you talk with a mental health worker to learn ways to cope with how you think or feel.

Treatment



Treatments are things that can help you feel better.

Treatment plan



A **treatment plan** is a list of things you can do to help you get better.

A treatment plan is sometimes called a care plan.



Voluntary patient

You are a **voluntary patient** if you choose to go to hospital for mental health treatment.

You have the choice to leave hospital if you want.

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

Word list

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This is a glossary of words that appear in the *Easy read
information on public mental health services in New South
Wales* resources.

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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