

# Making a mental health service website for people with intellectual disability project



This report is about what we found out from a research project.

The research was about what information people with intellectual disability would like on a website to get better support for their mental health.

## What we did

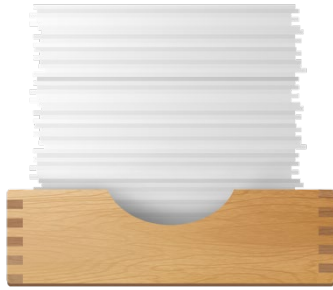


We spoke to

- 19 people with intellectual disability
- 22 family members and support persons of people with intellectual disability

We asked people what help, or supports they need to have good health and mental health.

We are using this information to help us make our website.



Here is what people told us.

## Good mental wellbeing



**Good mental wellbeing** means you are

- Generally happy with life
- Able to manage tough times
- Able to do the activities you want to do



People said these things help them or the person they support to have good mental wellbeing

- Exercise and sport
- Relaxation and meditation
- Going out with friends
- Having people who support them
- Standing up for themselves
- Doing what they want to do

## Supports and services people with intellectual disability may need for mental health



People told us these supports are important for people with intellectual disability

- A support worker to help people get to appointments



- Mental health workers who often work with people with intellectual disability



- An advocate or someone they can speak to and trust if they need to go to hospital

An **advocate** is someone who speaks up to get you the support you need.



People said more of these mental health services and supports are needed

- Help for trauma

**Trauma** is when something has happened to you that made you very frightened or very upset.



- Support to find somewhere to live

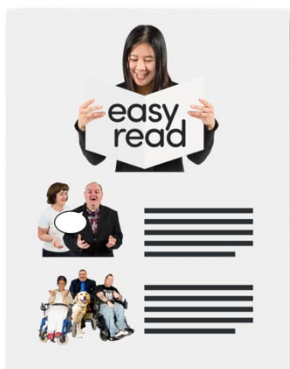
People said that those working in housing services often do not know how to help people with intellectual disability.



- Support for relationships and sexual health

**Sexual health** means taking care of the parts of your body involved in sex.

## For people who go to hospital for their mental health



People said that a person with intellectual disability may need these types of support when they leave hospital

- Easy Read information on what they need to do at home to stay healthy

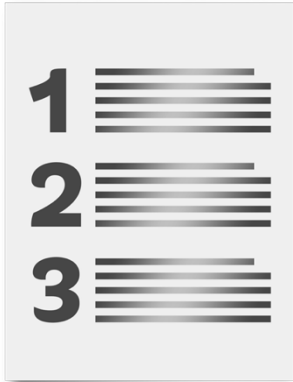


- Visits at home or phone calls from mental health workers



- A plan of what to do if their mental health gets bad again

## Advice we can give people with intellectual disability on the website



People said we should include information on

- Where to start to find mental health services



- How to advocate for yourself

For example what to do if a mental health service says they cannot help you.

## Advice we can give to health workers on the website



People said we should tell mental health workers to

- Give people easier to understand information about what a mental health service does



- Learn how to help people with intellectual disability move between different stages of their life.

For example from school to work or study.

### **What we have done with this information**



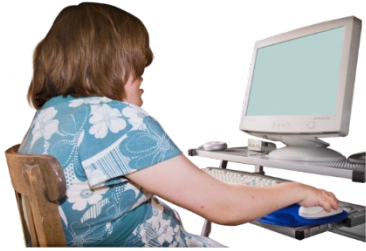
We have used this information to make a website to help people with intellectual disability get the right supports for their mental health.

We will test out this website in hospitals in 2 areas of NSW.



We will test the website for 6 months.





Then we will finish the website and make it available to everyone in early 2023.

### **If you have questions about the research**

You can call Claire on:



(02) 9065 9516



Or you can email

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