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| Preventive health care to get better faster or not get worse | |
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|  | **Preventive health care** are things that support people to   * Stay healthy * Get better quickly when they are sick |
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| A person and person posing for a picture  Description automatically generated with low confidence | When you are sick or hurt there are things you can do so you     * get better faster * do not get worse |
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|  | Some of these things   * You could do yourself |
|  | * Your GP could do |
|  | * Other people or organisations can do |
|  |  |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
| Things you could do yourself | |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | If you are sick or hurt you can protect yourself from getting worse by following the doctors instructions. |
|  |  |
| A picture containing person, indoor  Description automatically generated | You can protect yourself by keeping a healthy weight.  A healthy weight is different for everyone. |
|  |  |
| Two people standing next to each other  Description automatically generated with medium confidence | It is important to talk to your doctor to learn what is healthy for you. |
|  |  |
| A table full of food  Description automatically generated with medium confidence | To protect yourself you can   * Eat a balanced diet |
| A person drinking from a bottle  Description automatically generated with low confidence | * Drink 2 litres of water a day   2 litres is about 8 glasses of water a day. |
|  |  |
| A picture containing person  Description automatically generated | * Ask for help if you think you need it |
| A person pointing at the camera  Description automatically generated with low confidence | It is OK to ask for help when you   * Feel good * Do not feel good |
|  |  |
| A person and person sitting on a couch  Description automatically generated with low confidence | If you have a mental health problem it is important to let someone know if you think you start to feel worse. |
|  |  |
| A picture containing person, crowd  Description automatically generated | A **mental health problem** is when your feelings start to worry you. |
|  |  |
| Things your GP could do | |
|  |  |
| Two people looking at a cake  Description automatically generated with low confidence | If you are sick or injured your GP might support you to keep track of your medicines.  Medicine is sometimes called medication or drugs. |
|  |  |
|  | Medicine can be in   * A tablet * A pill * A drink * An injection |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidenceA person dancing on a black background  Description automatically generated with medium confidence | If you are sick or injured your GP might also support you to   * Move your body to help you recover * Manage your sickness or injury |
|  |  |
| A picture containing person  Description automatically generated | For example your GP can help you with your mental health.  They can make you a mental health plan. |
|  |  |
| A picture containing graphical user interface  Description automatically generated | A **mental health plan** is a list of things you and other people can do to help you get better.  It is sometimes called a treatment plan. |
|  |  |
| A picture containing person, standing, person, suit  Description automatically generated | Your GP can also  Find other doctors who can also help you. |
|  |  |
| Other things that can support you if you are already sick or injured | |
|  |  |
| A person using a computer  Description automatically generated with medium confidence | You might go to a specialist.  For example a mental health worker like a psychologist or psychiatrist. |
|  |  |
| A couple of men sitting at a table  Description automatically generated with medium confidence | A **psychologist** helps you with your mental health by talking with you.  Psychologists help you find things you can do to feel better. |
|  |  |
| Two people sitting on a couch  Description automatically generated with low confidence | A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine. |

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| Text  Description automatically generated | Who wrote this Easy Read  Tahli Hind, Bela Laginha, Dominique Abagi, Julian Trollor, and Janelle Weise.  Where these people work  Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN. |
| A group of people sitting around a table  Description automatically generated | The information in this part of a series of easy read resourcs about   * Different types of preventive health care * Who can provide this care |
|  | For information on how to support people to use Easy Read go to [**www.3dn.unsw.edu.au/professionals\_toolkit**](http://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 10.08.23 v2  No changes can be made without asking the people who wrote this sheet. |

