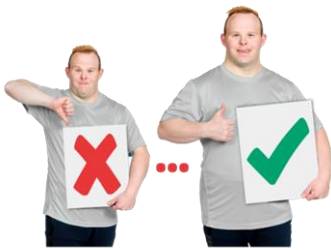


## Preventive health care to get better faster or not get worse



**Preventive health care** are things that support people to

- Stay healthy
- Get better quickly when they are sick

When you are sick or hurt there are things you can do so you



- get better faster
- do not get worse



## 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



If you are sick or hurt you can protect yourself from getting worse by following the doctors instructions.



You can protect yourself by keeping a healthy weight.

A healthy weight is different for everyone.



It is important to talk to your doctor to learn what is healthy for you.



To protect yourself you can

- Eat a balanced diet

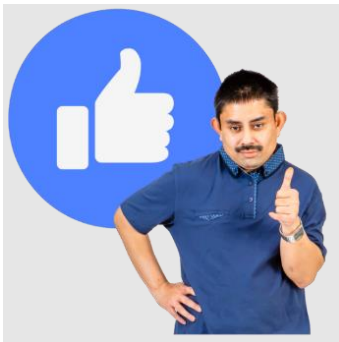


- Drink 2 litres of water a day

2 litres is about 8 glasses of water a day.



- Ask for help if you think you need it



It is OK to ask for help when you

- Feel good
- Do not feel good



If you have a mental health problem it is important to let someone know if you think you start to feel worse.



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

## Things your GP could do



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



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



For example your GP can help you with your mental health.

They can make you a mental health plan.



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.



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



You might go to a specialist.

For example a mental health worker like a psychologist or psychiatrist.



A **psychologist** helps you with your mental health by talking with you.

Psychologists help you find things you can do to feel better.



A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine.





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The information in this part of a series of easy read  
resources 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)



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UNSW Sydney 10.08.23 v2

No changes can be made without asking the people who  
wrote this sheet.