

Intellectual disability and mental health – what we need



People with intellectual disability find it hard to get mental health services.

In March 2018 leaders from Australian health, disability and other services met at UNSW Sydney.



They talked about making mental health services better for people with intellectual disability.

Here are the things people at the meeting suggested.



People with intellectual disability must have a say in how mental health services are designed and run.



Mental health services should suit what people with intellectual disability need.



Better support and easier systems for people with intellectual disability when they first contact a mental health service.



People with intellectual disability need more information about the early signs of being mentally unwell.



More training for people who work in places like schools, hospitals and jails.



Teams that mental health workers can call when they need help to work with people who have intellectual disability.



Services and government departments that work together to make sure people with intellectual disability get all the services they need.

For more information: <https://3dn.unsw.edu.au/content/2018-national-roundtable-communique>



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