

Mental health guides



We have info guides about mental health.

They are easy to read.

Mental health has information about

- what is mental health
- when to get help for your mental health

Tips to mental health has things you can do for better mental health.

See them at www.cid.org.au/health-guide or phone us on **1800 517 199**.

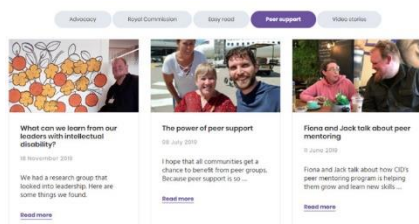
Peer support information

Are you interested in peer support, mentoring and leadership?

Check out our website

www.cid.org.au/team-up

If you want to know more about peer support, email us at info@cid.org.au or call us on **1800 424 065**



Abuse in group homes



Do you know about abuse of people with disability in group homes?

The Disability Royal Commission wants to know about this.

They want to know how things can be made better.

You can tell them what you think.

Go to www.disability.royalcommission.gov.au

Thank you for your support!

2019 has been a great year at CID.



We

- heard stories from people with disability
- won important campaigns
- made new easy read info
- helped other organisations include people with disability

Thank you for supporting us.



Have a happy and safe break

We are closed from Friday 20 December.

We open again on Monday 6 January 2020.

The holiday season can be a hard time for some people.

If you want talk to somebody you can contact

- Kids Helpline: 1800 55 1800
- Parent Line: 1300 130 052
- LifeLine: 13 11 14
- Domestic Violence Line: 1800 656 463
- QLife counselling service for LGBTIQ people: 1800 184 527

An accessible New Years Eve



Are you going to celebrate New Years Eve in Sydney?

There is information about accessibility for the celebrations and fireworks.

We made an Easy Read guide for the City of Sydney.

Go to

www.sydneynewyearseve.com/accessibility



Become an inclusive researcher

Go to a free workshop to learn how you can be an inclusive researcher.

Inclusive research is about people with intellectual disability doing research, not having research done on them.

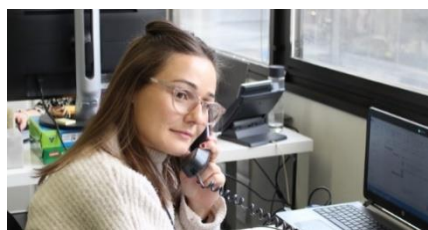
When: Thursday 27 February 2020

Where: Camperdown, Sydney

Online version: [Find out more and register](#)]

If you have questions, please email cds@cds.org.au or call **02 9036 3600**.

Got a question?



Our friendly info service team can answer your questions.

They can help you find the information you need.



Call us on **1800 424 065**.

This is an easy read version of Council for Intellectual Disability's eNews. You can sign up for this eNews at www.cid.org.au/news