

Mental Health



In this info guide you can find information about

- What is mental health?
- What is a sign I need help with my mental health?
- It is OK to ask for help
- Some names of mental health problems
- What can cause mental health problems?
- Who gets mental health problems?



This means important



This means an idea or tip

What is mental health?

Mental health is about how you feel.

Feelings can change how you think and what you do.

When you feel good you can do everyday things.

When you do not feel good it gets hard to cope.

This might mean you

- Can not sleep
- Do not feel like eating
- Stop taking showers
- Can not think clearly

This can be a mental health problem.



It is best to get help as soon as you can.

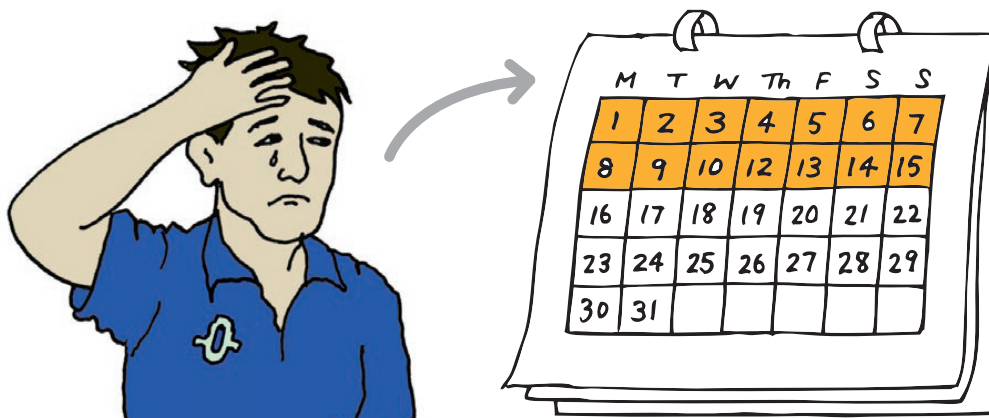
People can feel better if they get the right help.

Everyone has feelings like these sometimes

- Worried
- Scared
- Upset
- Sad
- Confused
- Angry

These feelings usually go away quickly.

But if they last for 2 weeks or more, or keep coming back, they can stop you coping.



A **sign** can be changes in what is normal for you.

This means changes that last for a long time.

These changes make it hard for you to cope.

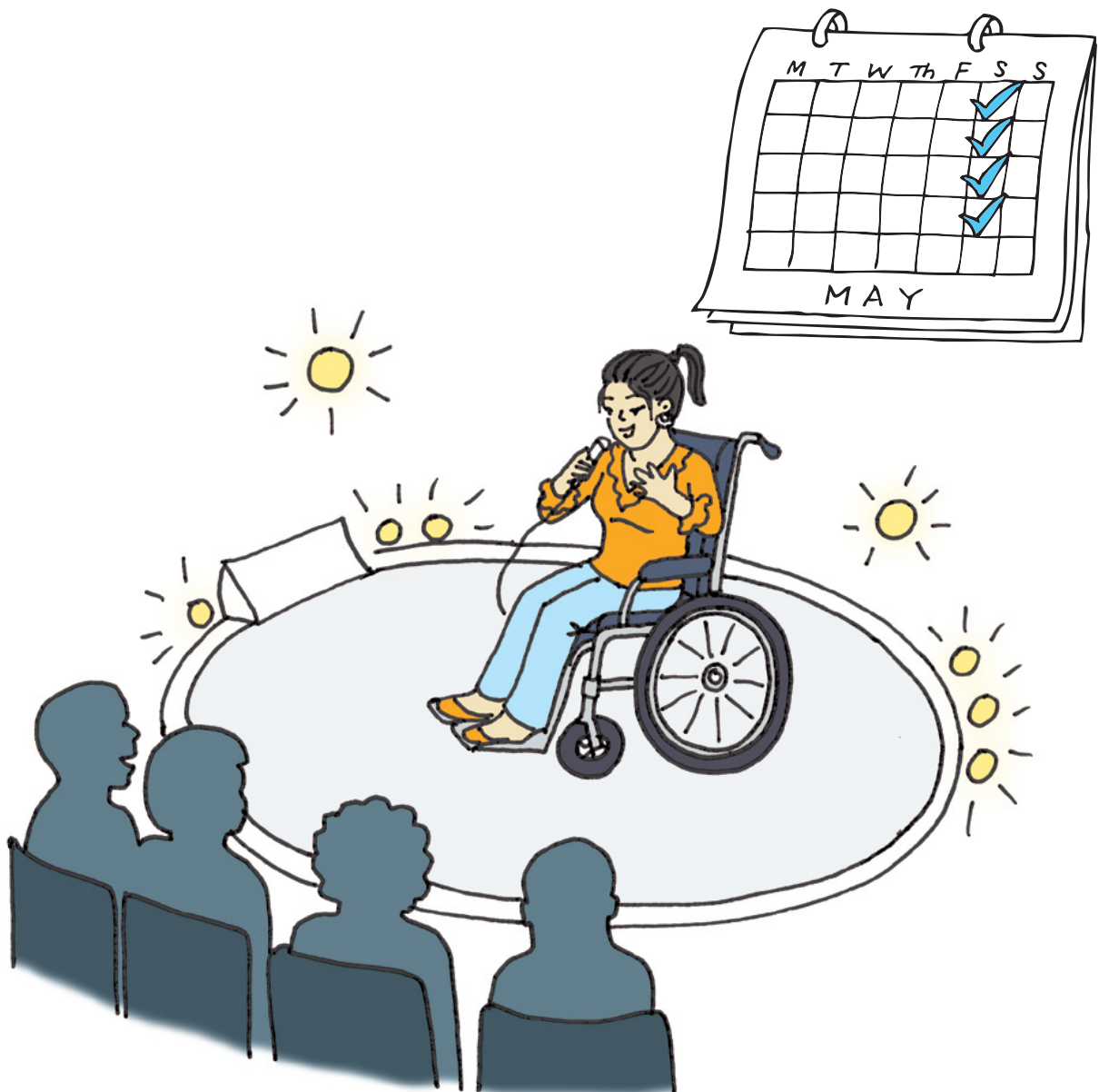
What is a sign I need help with mental health?

Tara's story

Tara loves singing karaoke at the club.

She goes every Saturday.

She hates to miss her chance to sing.



But Tara stops going to karaoke.
When friends come to pick her up, she says no.
Tara stops going out anywhere.
She stops talking to people.
She stops caring for herself.



- How you feel can change what you do.
- Sometimes changes come quickly.
- Sometimes changes come more slowly.
- Friends and family often notice the changes.

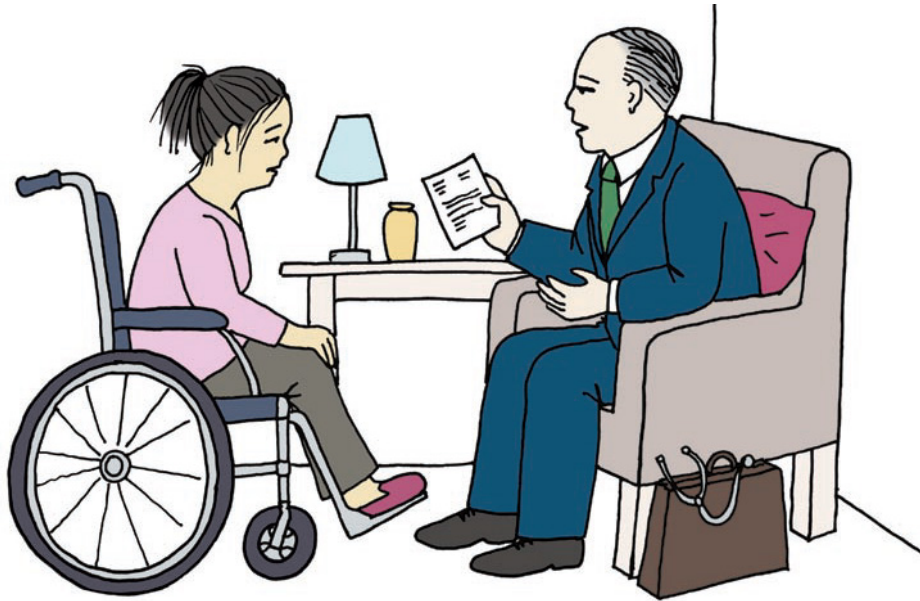
It is OK to ask for help

Tara phoned her doctor. He came to visit her at home.

She told him how she was feeling.

He said Tara should go to a psychologist.

This is a person who knows a lot about mental health.



Choose a person in your life who you trust. Talk to them about how you feel. This person could be a

- Friend
- Family member
- Doctor
- Worker
- Advocate
- Telephone helpline



GP Mental Health Plan

Your doctor can make a plan with you to help you get better. Your doctor may say you need to see a mental health specialist. Medicare helps pay for this.

You must have a referral letter from your doctor.

Some names of mental health problems

A doctor, psychologist or psychiatrist asks questions about

- A person's feelings.
- Changes in what is normal for them.

They will try to find out the right information about the person.

Then they might put a name to what the person is going through.

This can help to get the right mental health care.

Some of these names are

Depression

Schizophrenia

Psychosis

Anxiety

Bi-polar disorder

If you want to find out more about these mental health problems

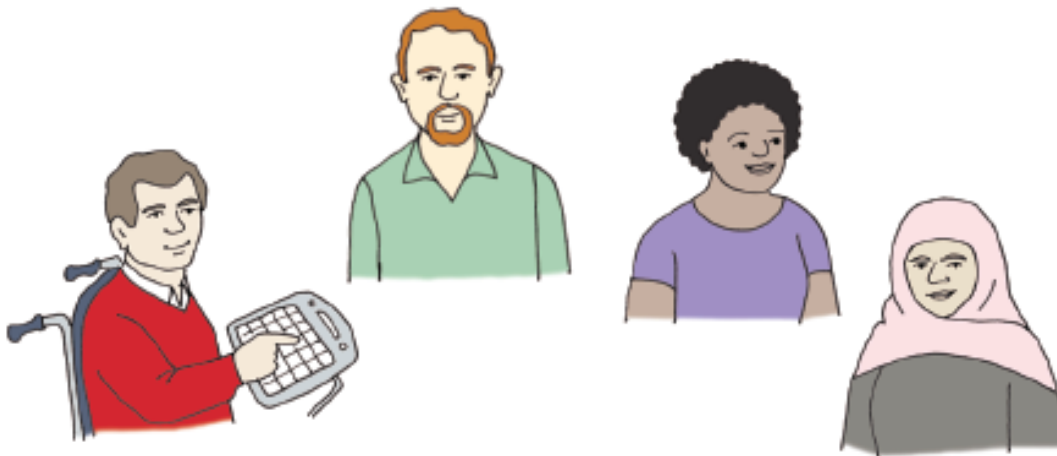
- Go to the websites on our links page
- Ask your doctor for more info

What can cause mental health problems?

- Too much stress
- Difficult life experiences
- Not knowing how to cope with your feelings
- Family history of mental health problems
- Grief
- Medical reasons
- Feeling lonely

Who gets mental health problems?

Lots of people have a mental health problem some time in their lives.



❗ Intellectual disability and mental health problems are not the same!

All people need some support to have good mental health.

Remember

I can take charge of my health when

- ✓ I know what mental health is.
- ✓ I take notice of changes in my feelings and actions.
- ✓ I reach out for support to get better.
- ✓ I try new things to help me get well again.
- ✓ I ask lots of questions about medication.
- ✓ I know what might cause me to be unwell.
- ✓ I know that all kinds of people can become unwell.
- ✓ I know where to get some more info.

If you need to talk to someone you can call

- Lifeline - **13 11 14**
- Beyond Blue - **1300 22 4636**

Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

You should always talk to your doctor about your health.



Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

Healthdirect 1800 022 222.



My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email mhm@cid.org.au

 www.cid.org.au/mhm



View all our easy to read health info guides here:
www.cid.org.au/health-guide

This info guide was written in July 2009.
It was updated in 2012 and 2018.



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