



Council for
Intellectual Disability



Mental Health Guide

A guide for people with intellectual disability
about mental health



Easy Read

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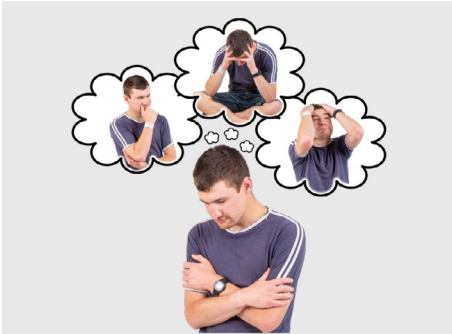
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CID made this document Easy Read.

You need to ask CID if you want to use any of the pictures.

Contact CID at health@cid.org.au.

What is mental health



Mental health is about how you feel.

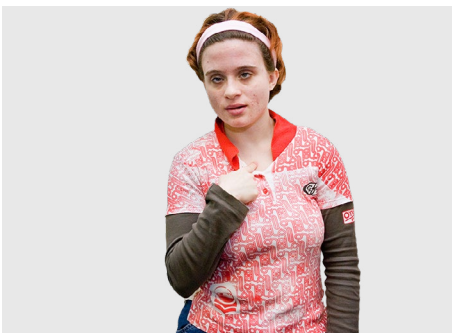
How you feel can change how you think and do things.



You can do everyday things when you feel good.



When you do not feel good it can stop you from **cop**ing.

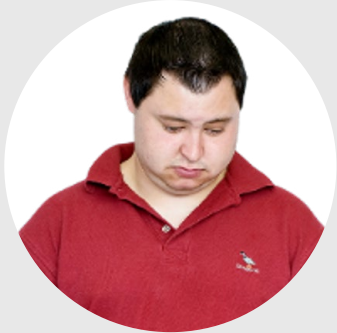


Coping means you can look after yourself even when something is hard.

Everyone has feelings like these sometimes



- Scared



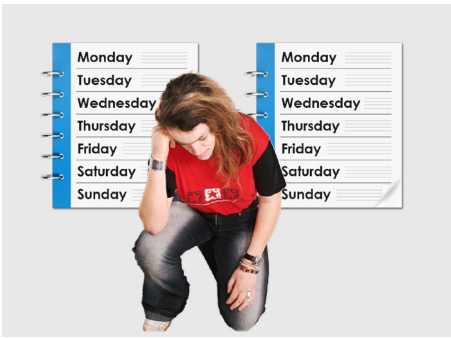
- Sad



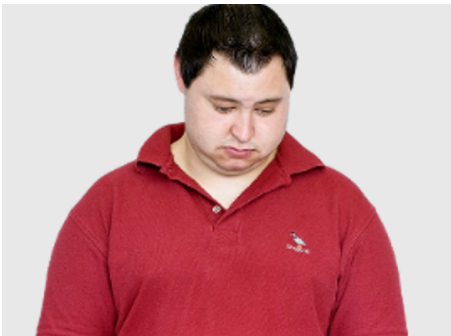
- Stress



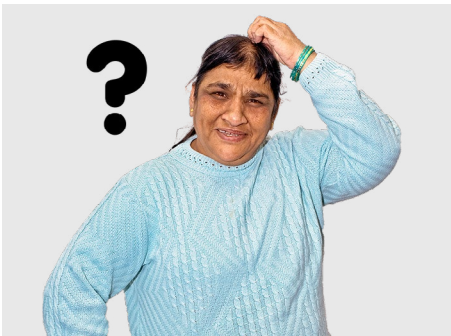
Normally these feelings go away quickly.



These feelings can stop you from coping if they do not go away for 2 weeks or more.



These feelings might be hard to control.



It might be hard to

- Sleep
- Eat
- Think clearly
- Do things you like to do

Who gets mental health problems



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



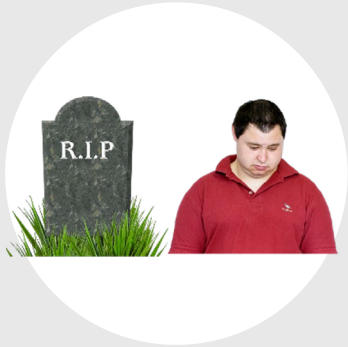
It is common for people with intellectual disability to get mental health problems.

But intellectual disability and mental health problems are two different things.



All people need some support to have good mental health.

What causes mental health problems



Mental health problems can happen for many reasons like

- Too much stress
- Hard life changes
- Feeling lonely and not connecting with others
- Family history of mental health problems
- Medical reasons like feeling pain for a very long time.
- **Grief.**

Grief is when you feel very sad when someone has died.

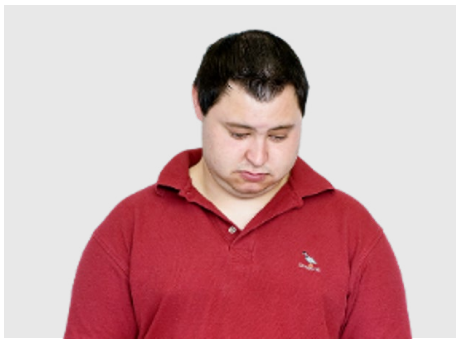
Or when someone you love goes far away.

Names of mental health problems



There are many names for different mental health problems.

Finding the right name can help you get the right mental health care.



Depression is when you feel sad and down for many weeks.



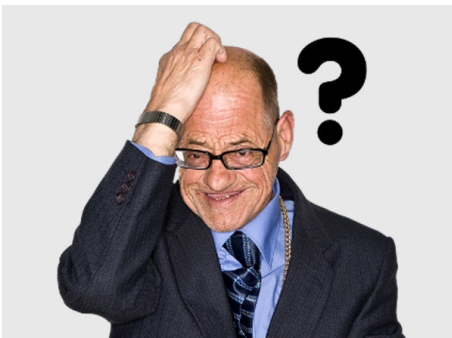
Anxiety is when you feel worried and afraid a lot of the time.



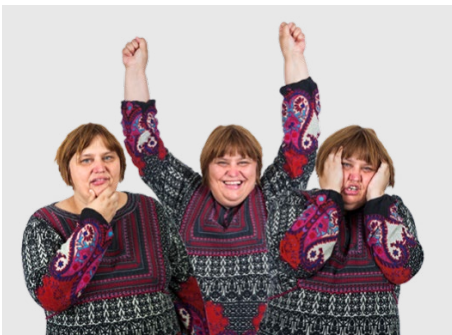
Post Traumatic Stress Disorder is when

- A very stressful event happened
- You feel a lot of stress for a long time after the event.

Post Traumatic Stress Disorder is PTSD for short.



Schizophrenia is when you are confused and are not sure what is real.



Bipolar disorder is when your feelings change from excited to sad a lot more than normal.



If you want to find out more about these mental health problems talk to your doctor.

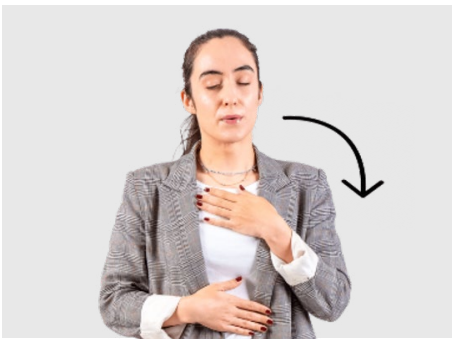
I take care of my mental health



You can do things to take care of your mental health.

You can

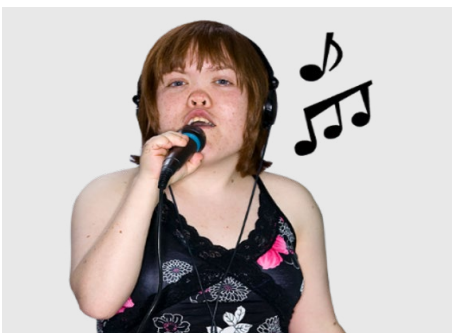
- Talk to someone you trust when you do not feel OK



- Try breathing exercises



- Get plenty of sleep



- Do something you enjoy like singing

It is OK to ask for support



Talk to someone you trust if you need support.



This could be a

- Family member
- Friend
- Doctor
- Telephone helpline
- Support worker



You can tell them how you feel.



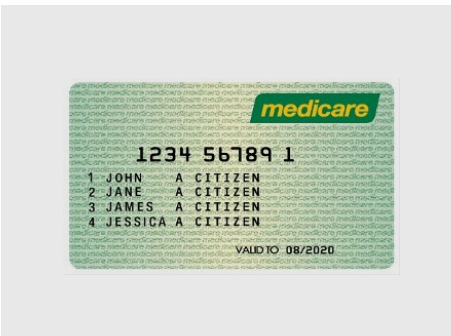
Your doctor can make a plan with you to help you get better.



Your doctor may say you should go to a **psychologist**.

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

You can talk to the psychologist about your problems.



Medicare might help pay for this.



Your doctor might say you need medication.

You can ask a lot of questions like

- What will the medicine do to help me?
- Will I have any issues after taking the medicine?

Support Services



You can feel better if you get the right support.

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



You can call Lifeline if you need phone **counselling**.

Counselling means you talk to someone who knows a lot about mental health.

Call **13 11 14**.



You can call 13 YARN if you need phone counselling.

13 YARN supports Aboriginal people with their mental health.

Call **13 92 76**.



You can call **Healthdirect** if you cannot get to your doctor.

They can give you information on the phone.

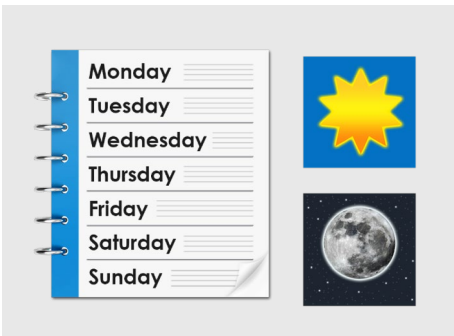
Call **1800 022 222**.



You can call National Relay Service if you find it hard to hear or speak.

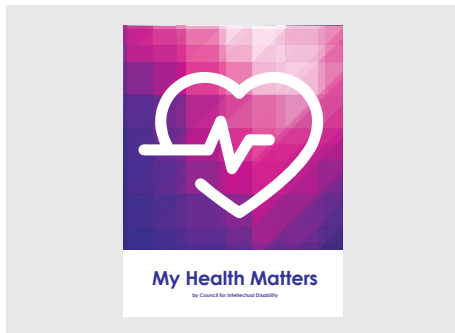
Call **1300 555 727**.

Or text **0423 677 767**.



You can call these services **any day at any time**.

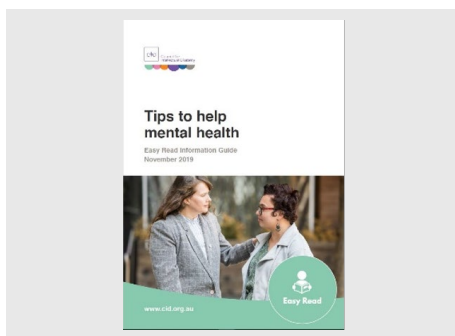
Support information



My Health Matters Folder helps you tell doctors and other health workers what is important to you.

If you would like a copy of the My Health Matters folder

- Click www.cid.org.au/mhm
- Call **1800 424 065**
- Email mhm@cid.org.au



See CID resource **tips to help mental health** for more information

www.cid.org.au/tips-help-mental-health



View all our easy to read health information guides here

www.cid.org.au/health-guide



View Easy Read Information on mental health services in NSW here

www.idmhconnect.health

My mental health check list



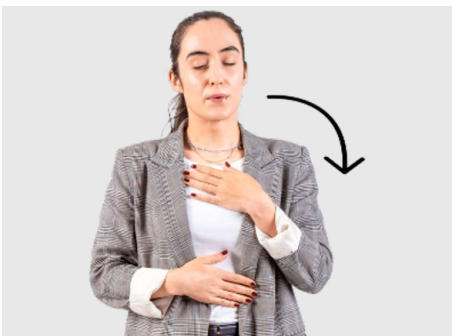
You can tick the boxes that are right for you.

I am in control of my mental health when

I feel changes in my feelings and actions.



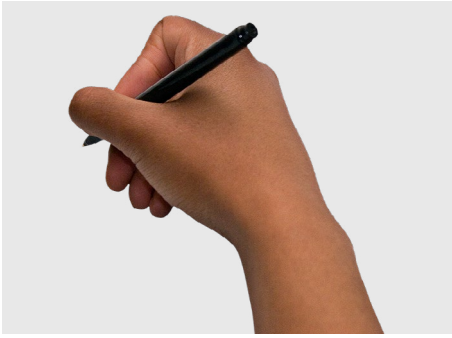
I know what might cause me to be unwell.



I try new things like breathing exercises to help me get well again.



I know where to get more support and mental health information.



This information guide was written in July 2009.

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www.cid.org.au

We got money from the Australian Government Department of Social Services to make this guide.