



Council for
Intellectual Disability



My Health Cards

Conversation cards to talk
about your health





Council for Intellectual Disability works on Gadigal, Wiradjuri and Anaiwan lands, and many more lands in NSW.

We show our respect to all First Nations people.
We can learn many things together.

First Nations people should be aware that these cards may have images of people who have died.





Part 1 **Connection Starters**
6 cards



Part 2 **Physical Health**
8 cards



Part 3 **Mental Health**
10 cards





Connection Starters




How to use these cards

Use the Connection Starters cards to talk about yourself so people can get to know you.

The cards can support you to say the things that are important to you.

Connecting with people is important for your health.



**What are some things
you like to do?**



Turn me over



Here is an idea.

Rowena likes to listen to music.

**What are some things you
like to do?**



**What are some things
you are good at?**




Turn me over



Here is an idea.

Minh is good at painting.

What are some things you are good at?



**What do you want to do
to be more healthy?**




Turn me over



Here is an idea.

Jorge wants to go for walks every day with his friend.

What do you want to do to be more healthy?



**If you were an animal
what animal would you be?**



Turn me over



Here is an idea.

Minh says she is like a puppy because she is very friendly.

If you were an animal what animal would you be?



**What makes you
feel good?**



Turn me over



Here is an idea.

Charlie feels good when he has quiet time to relax.

What makes you feel good?



**What are your hopes for
a good life?**



Turn me over



Here is an idea.

Sam wants to live on their own.

**What are your hopes for a
good life?**



Physical Health



How to use these cards

Use the Physical Health cards to talk about your physical health.

Physical health is how your body feels.

It is important for your health to think about the food you eat and activities you do.

The cards can support you to talk about the activities you like and what you would like to start doing.



**What is your favourite
healthy activity?**



Turn me over



Here is an idea.

Patricia likes to do boxing.

What is your favourite healthy activity?



**What is your
favourite food?**




Turn me over



Here is an idea.

Amy likes to eat sushi for dinner every Friday.

What is your favourite food?



**What part of your body
feels healthy?**



Turn me over



Here is an idea.

Rowena's legs feel healthy when she runs.

What part of your body feels healthy?



**What part of your body
feels unhealthy?**



Turn me over



Here is an idea.

Lilly says her belly hurts sometimes.

What part of your body feels unhealthy?



**What do you do that makes
you feel less healthy?**




Turn me over



Here is an idea.

Jorge gets a headache when he does not get enough sleep.

What do you do that makes you feel less healthy?



**What do you do to
stay healthy?**




Turn me over



Here is an idea.

William and his team go for a walk during their lunch break at work.

What do you do to stay healthy?



**What is the most important
thing about your
health today?**



Turn me over



Here is an idea.

Maria wants to know how to eat more healthy food.

What is the most important thing about your health today?



**Do you have people who
support you to stay healthy?**



Turn me over



Here is an idea.

Daniel says his mum supports him by cooking healthy meals.

Do you have people who support you to stay healthy?



Mental Health




How to use these cards

Use the Mental Health cards to talk about your mental health.

Mental health is how you feel in your mind.

It is important for your mental health to talk about how you feel.



**What makes your mind
feel good?**



Turn me over



Here is an idea.

Jon feels good when he goes to the library to read books.

What makes your mind feel good?

What makes your mind feel bad?




Turn me over



Here is an idea.

Jorge feels bad when he spends too much time alone.

What makes your mind feel bad?



**What do you do to help
yourself feel calm?**




Turn me over



Here is an idea.

When Lilly feels stressed she breathes slowly to feel calm.

What do you do to help yourself feel calm?



**Where do you go to
feel good?**




Turn me over



Here is an idea.

Kaleb feels good when he goes to his garden to connect with nature.

Where do you go to feel good?



**How do you feel right now?
Where do you feel this in
your body?**



Turn me over




Here is an idea.

Philip feels angry.

He says his heart beats faster
when he is angry.

**How do you feel right now? Where
do you feel this in your body?**



**What helps you feel better
when you are not OK?**



Turn me over



Here is an idea.

Charlie says he feels better when he talks to the friends he trusts.

What helps you feel better when you are not OK?



**How does asking for support
for your mental health feel?**



Turn me over




Here is an idea.

Valentina feels nervous when she asks for mental health support.

Her sister makes her feel okay.

How does asking for support for your mental health feel?



How do you get support for your mental health?



Turn me over



Here is an idea.

Lilly talks to a counsellor when she needs to.

How do you get support for your mental health?



Who helps you feel safe?




Turn me over



Here is an idea.

Valentina says her family makes her feel safe when she is worried.

Who helps you feel safe?



**How do you stay connected
with people you are close to?**



Turn me over



Here is an idea.

Brad talks to his friend on the phone every Tuesday.

How do you stay connected with people you are close to?

Yindyamarra Artwork

Meleisa Cox made the art on these cards.

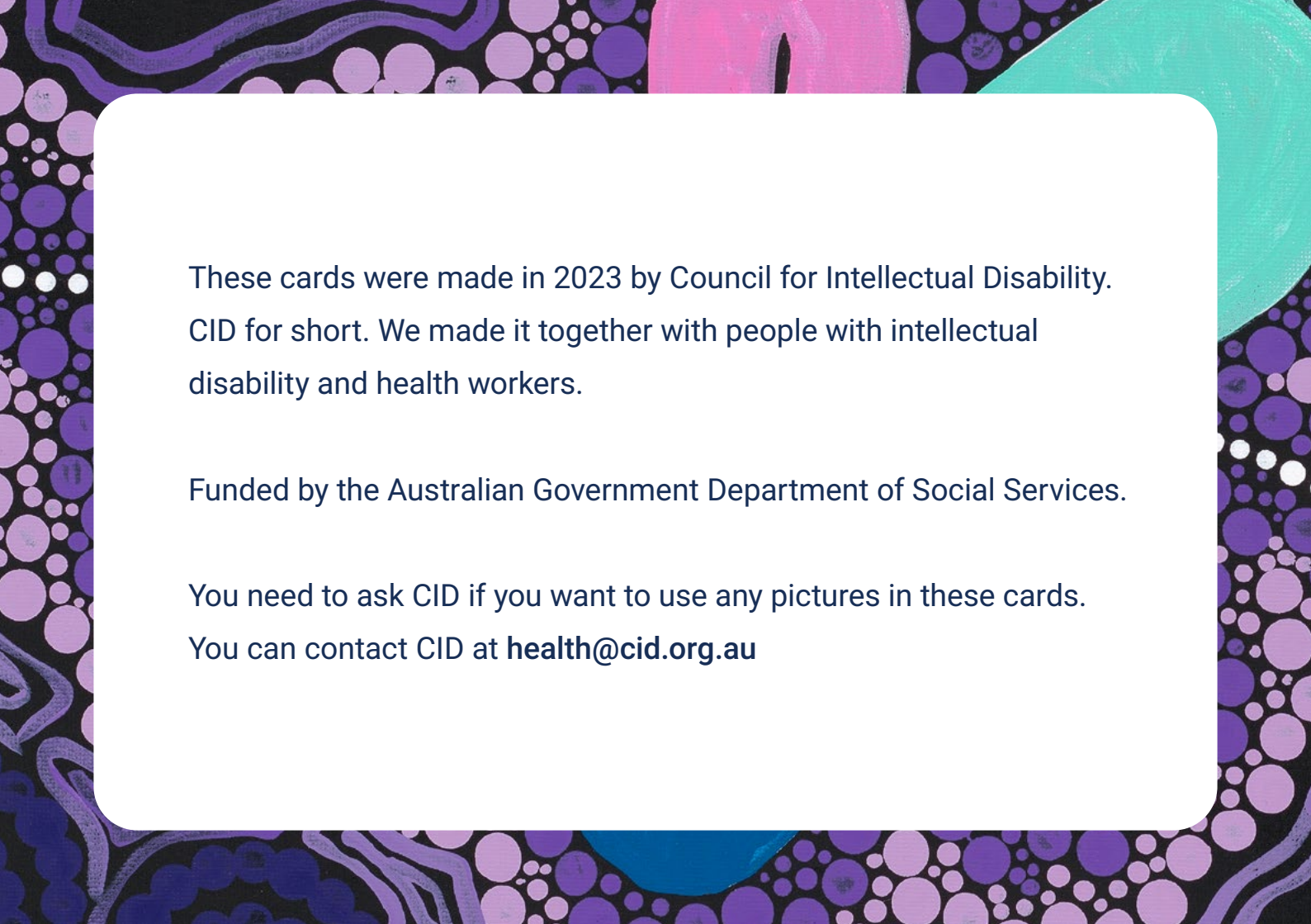
Meleisa is a First Nations artist from Wiradjuri Country in Bathurst, NSW.

She learnt to paint to support her mental health and connect with her Aboriginal culture.

The artwork is about **Yindyamarra**.

Yindyamarra is a Wiradjuri word that means respect. It shows our connection to everyone who supports us.





These cards were made in 2023 by Council for Intellectual Disability. CID for short. We made it together with people with intellectual disability and health workers.

Funded by the Australian Government Department of Social Services.

You need to ask CID if you want to use any pictures in these cards.

You can contact CID at health@cid.org.au