



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 **About Me**
7 cards



Part 2 **My Body**
10 cards



Part 3 **My Mind**
7 cards





About Me



How to use these cards

Use the About Me 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 do you like to do?



Turn me over



Here is an idea.

Rowena likes to listen to music.

What do you like to do?



What are you good at?



Turn me over



Here is an idea.

Minh is good at painting.

What are you good at?



What is your favourite time of year?



Turn me over



Here is an idea.

George likes summer. He can go for walks outside.

What is your favourite time of year?



**If you were an animal
what 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
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 goals for the future?



Turn me over



Here is an idea.

Sam wants to live on their own.

What are your goals for the future?



Who helps you feel safe?



Turn me over



Here is an idea.

Charlie feels safe when he talks
to the friends he trusts.

Who helps you feel safe?



My Body



How to use these cards

Use the My Body 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 do you do that helps
your body feel healthy?**



Turn me over



Here is an idea.

Patricia likes to do boxing.

**What do you do that helps your
body feel healthy?**



What makes your body feel less healthy?



Turn me over



Here is an idea.

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

What makes your body feel less healthy?



**What do you eat
most days?**



Turn me over



Here is an idea.

Amy likes to eat vegetables
most days.

What do you like to eat most days?



When was your last health check?



Turn me over



Here is an idea.

Lilly gets a health check every year. This is called an annual health assessment.

When was your last health check?



**Does any part of your
body feel bad?**



Turn me over



Here is an idea.

Lilly says her belly hurts.

**Does any part of your body
feel bad?**



**What is the most important
thing about your health
right now?**



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 right now?



**What have you started
doing to feel healthy?**



Turn me over



Here is an idea.

Rowena has started to run to
feel more healthy.

What have you started doing to feel healthy?



**Has your body changed
recently?**



Turn me over



Here is an idea.

Jim feels pain in his body.

He shows the doctor where it
feels different.

Has your body changed recently?

Who can make decisions about your body?



Turn me over



Here is an idea.

Jim likes to make his own
decisions about his body.

Who can make decisions about your body?



Who supports you to stay healthy?



Turn me over



Here is an idea.

Daniel says his mum supports him by cooking healthy meals.

Who supports you to stay healthy?



My Mind



How to use these cards

Use the My Mind 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 you feel happy?



Turn me over



Here is an idea.

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

What makes you feel happy?



What makes you feel sad?



Turn me over



Here is an idea.

George feels sad when he spends too much time alone.

What makes you feel sad?



What helps you feel calm?



Turn me over



Here is an idea.

Lilly breathes slowly to feel calm.

What helps you feel calm?



What place do you go to relax?



Turn me over



Here is an idea.

Jim feels relaxed when he goes to his garden to connect with nature.

What place do you go to relax?



How do you connect with people you care about?



Turn me over



Here is an idea.



Brad talks to his friend on the phone every Tuesday.

Connecting with people you care about is good for your mental health.

How do you connect with people you care about?



Who do you talk to about your mental health?



Turn me over



Here is an idea.

Valentina talks with her sister
about her mental health.

Her sister makes her feel okay.

Who do you talk to about your mental health?

How do you get support for your mental health?



Turn me over



Here is an idea.

Lilly meets with a counsellor
when she needs to.

How do you get support for your mental health?

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. These cards were updated in 2026.

The My Health Cards received funding from the Australian Government Department of Health, Disability and Ageing.

You need to ask CID if you want to use any pictures in these cards. You can contact CID at health@cid.org.au