



Council for
Intellectual Disability



My Health Cards

Conversation cards to talk
about your health





CID 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**
8 cards



Part 2 **Physical Health**
6 cards



Part 3 **Mental Health**
9 cards





Connection Starters



How to use these cards

Connection starter cards means cards to start conversations with people.

Use these 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 is the most important
thing about your
health today?**



Turn me over



Here is an idea.

Healthy food is important for Maria's health today.

What is the most important thing about your health today?



**How do you want to
be healthy?**




Turn me over



Here is an idea.

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

How do you want to be 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?



**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?



**Do you have people who
support you to feel safe?**




Turn me over



Here is an idea.

Valentina says her family supports her to feel safe when they listen to her.

Do you have people who support you to feel safe?



**How do you stay in contact
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 in contact with people you are close to?



Physical Health




How to use these cards

Physical health cards mean cards to talk about how your body feels.

Use these cards to talk about your physical health.

It is important for your health to think about the food you eat and activity 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
healthy food?**




Turn me over



Here is an idea.

Amy likes to eat sushi for dinner every Friday.

What is your favourite healthy food?



**Where do you feel healthy
in your body?**



Turn me over



Here is an idea.

Rowena's legs make her feel healthy when she runs.

Where do you feel healthy in your body?



**What things make your
body feel good?**



Turn me over



Here is an idea.

Charlie feels good when he has quiet time to relax.

What things make your body feel good?



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




Turn me over



Here is an idea.

Jorge gets a headache when he watches the TV for too long.

What do you do that makes you feel less healthy?



**What do you do to stay
healthy at work or school?**



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 at work or school?



Mental Health



How to use these cards

Mental health cards means cards to talk about your mind and your emotions.

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

Use these cards to talk about your mental health.

It is important to say how your body feels when you have different emotions.

It is important for your health to think about what places feel safe.



**What makes you feel
relaxed?**



Turn me over



Here is an idea.

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

What makes you feel relaxed?



What makes you feel stressed?




Turn me over



Here is an idea.

Jorge feels stressed when he spends too much time alone.

What makes you feel stressed?



**What activity helps you
stay calm?**



Turn me over



Here is an idea.

When Danielle feels stressed she breathes slowly to feel more calm.

What activity helps you stay calm?



**What places can you go
to feel safe?**




Turn me over



Here is an idea.

Kaleb feels safe when he goes to his garden to smell the lemon leaves.

What places can you go to feel safe?



**Think about a feeling.
Where do you feel this in
your body?**



Turn me over




Here is an idea.



- When Philip feels excited he feels like moving his hands.
- When he is angry Philip feels his heart beat faster.

Think about a feeling.
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 speaks to people he trusts like his friends or a counsellor.

What helps you feel better when you are not OK?



**What is it like for you to ask
for mental health support?**



Turn me over



Here is an idea.



- Valentina feels shy asking others for support sometimes.
- Valentina feels OK asking for support when her support worker is listening.

What is it like for you to ask for mental health support?



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




Turn me over



Here is an idea.

Sam hopes to be supported to live on their own.

What are your hopes for a good life?



**How does your work or
school support your
mental health?**



Turn me over



Here is an idea.

Danielles work has free counselling if she needs it.

How does your work or school support 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.



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

We got money from the Australian Government Department of
Social Services to make these cards.

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