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| **About mental health** | |  |
|  |  |  |
|  | This information is about mental health.  It has information on | **Page** |
|  |  |  |
| A person with his arms crossed  Description automatically generated with medium confidence | * What mental health is | **3** |
|  |  |  |
| A person smiling for the picture  Description automatically generated with medium confidence | * What good mental health is | **5** |
| A picture containing person, crowd  Description automatically generated | * What a mental health problem is | **8** |
| A picture containing cellphone, phone  Description automatically generated | * What can lead to mental health problems and mental illness | **13** |
| A picture containing text, person, person, male  Description automatically generated | * What is not a mental health problem | **15** |
| A group of people sitting on chairs  Description automatically generated | * Mental health and intellectual disability | **16** |

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| **What mental health is** | |
| A person with his arms crossed  Description automatically generated with medium confidence | **Mental health** is about   * How you think * How you feel |
|  |  |
|  | You have different types of feelings.  You can spot different feelings by noticing   * Changes in how you think * Changes in how your body feels |
|  |  |
|  | Feelings can make you feel good.  You can be   * Happy |
|  |  |
| A child smiling for the camera  Description automatically generated with low confidence | * Calm |
| A picture containing text, person, person, male  Description automatically generated | Feelings can make you feel bad. |
|  |  |
|  | You can be   * Upset * Sad |
|  |  |
|  | * Worried |

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| **What good mental health is** | | |
|  | | |
| A person smiling for the picture  Description automatically generated with medium confidence | Good mental health can mean different things.  Good mental health is when you feel OK about having different kinds of feelings. | |
| A person eating food  Description automatically generated with medium confidence | Good mental health is being able to do everyday things like making breakfast. | |
|  |  | |
| A picture containing grass, person, sitting, outdoor  Description automatically generated | Good mental health is having people you enjoy spending time with. | |
| A person wearing sunglasses and holding a glass of beer  Description automatically generated with medium confidence | Good mental health is when you do things you like. | |
|  |  | |
| A person smiling for the picture  Description automatically generated with medium confidence | To have good mental health you need to take care of different parts of your life. | |
|  |  | |
| A picture containing text, person  Description automatically generated | Below are some examples of some ways you can take care of these different parts. | |
|  | * A safe place to live | |
|  |  | |
|  | * Healthy food | |
|  | * Time to relax | |
|  |  | |
| A picture containing person, sport, dark  Description automatically generated | Some other examples of some ways you can take care of these different parts are   * Exercise | |
|  |  | |
|  | * Enough sleep | |
|  |  | |
| A picture containing grass, person, sitting, outdoor  Description automatically generated | * Time with family and friends | |
|  |  | |
| A person sitting on a chair playing a guitar  Description automatically generated with medium confidence | * Time to do things you enjoy | |
| **What a mental health problem is** | | | |
|  | | | |
|  | | There are different words used to talk about mental health. | |
| A picture containing person, crowd  Description automatically generated | | A **mental health problem** is when your feelings start to worry you. | |
|  | | It can be when you cannot control your feelings.  You might not be able to calm your feelings to think clearly. | |
|  | | You might feel different to the way you usually do. | |
|  | |  | |
|  | | A **mental illness** is when your feelings and thoughts make it hard to do things.  Sometimes mental illness is also called a mental disorder. | |
|  | |  | |
|  | | A serious mental illness is when your feelings and thoughts make you feel so bad that you cannot do things. | |
|  | |  | |
|  | | Below are some names for mental health problems and mental illness. | |
|  | |  | |
|  | | **Anxiety** is when people feel worried about what is going to happen in the future. | |
|  | |  | |
|  | | **Depression** is when people   * Feel very sad or down for a long time * Might not feel like doing the things you usually do | |
|  | |  | |
|  | | **Bipolar disorder** is when people feel very down sometimes and have lots of energy at other times. | |
|  | | **Psychosis** is when people might find it hard to tell what is real.  People with psychosis might   * Hear voices when no one is there | |
|  | | * See things that are not there | |
|  | | People with psychosis might   * Believe things that are not true | |
|  | | **Schizophrenia** is a type of psychosis. | |
|  | |  | |
|  | | For more information about types of mental health problems and mental illness go to  [**https://www.beyondblue.org.au/ the-facts**](https://www.beyondblue.org.au/the-facts) | |
|  | |  | |
|  | | The NDIS might be able to help people who need support because they have a mental health problem.  **NDIS** is short for National Disability Insurance Scheme.  The NDIS calls disabilities that happen because of mental illness a **psychosocial disability**. | |
|  | | For more information about what support you can get from the NDIS discuss with your support coordinator. | |
|  | |  | |
|  | | A **support coordinator** is a person who helps plan and organise   * Your care * Other services you will get | |
|  | |  | |
|  | | If you think you may have a mental health problem or mental illness, go to   * When to get help [**https://www.idmhconnect.health/when-get-help/ER**](https://www.idmhconnect.health/when-get-help/ER) * Where to start to get help [**https://www.idmhconnect.health/where-start-get-help/ER**](https://www.idmhconnect.health/where-start-get-help/ER) | |

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| **What can lead to mental health problems and mental illness** | |
|  | |
| A picture containing person, crowd  Description automatically generated | There are a lot of reasons someone can have mental health problems.  These include |
|  |  |
| A picture containing cellphone, phone  Description automatically generated | * Feeling stressed for a long time |
|  |  |
| A person and a child posing for the camera  Description automatically generated with low confidence | * A family member who has a mental health problem |
| Two people sitting at a table  Description automatically generated with low confidence | * Health issues |
|  |  |
| Person providing support | * Not enough support |
|  |  |
|  | * Money problems |
|  |  |
| A picture containing person, red, skiing, outdoor  Description automatically generated | * Not doing enough exercise |
|  | * Eating unhealthy food and drinks |
| A picture containing person  Description automatically generated | * Using drugs and drinking alcohol |
| **What is not a mental health problem** | |
|  | |
| A picture containing text, person, person, male  Description automatically generated | Not all feelings that make you feel bad are a mental health problem.  Everyone has these feelings sometimes.  They usually do not last long. |
| A picture containing text, clock  Description automatically generated | You might have a mental health problem or mental illness if   * You feel bad for 2 weeks or more |
|  | * The feelings that make you feel bad keep coming back |
|  |  |

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| **Mental health and intellectual disability** | |
|  | |
| A group of people sitting on chairs  Description automatically generated | A lot of people with intellectual disability have mental health problems or mental illness. |
|  |  |
|  |  |
| A group of people standing together  Description automatically generated with low confidence | This does not mean that you will have mental health problems or mental illness.  Every person is different. |
|  |  |
|  | It is important to know about mental illness so you can get help early. |
| A person smiling for the picture  Description automatically generated with medium confidence | There are things you can do to have good mental health. |
|  | For more information on what you can do to have good mental health go to [**https://www.idmhconnect.health/ tips-good-mental-health/ER**](https://www.idmhconnect.health/tips-good-mental-health/ER) |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  [**https://www.idmhconnect.health/word-list**](https://www.idmhconnect.health/word-list) |

****Text

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|  | **Where these people work**  Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to [**https://idmhconnect.health/who-wrote-easy-read**](https://idmhconnect.health/who-wrote-easy-read) |
| **A person smiling for the camera  Description automatically generated with medium confidence**A picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the [**https://idmhconnect.health/**](https://idmhconnect.health/) website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [**https://www.3dn.unsw.edu.au/ professionals\_toolkit**](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |