|  |  |  |
| --- | --- | --- |
| **Assessment** | |  |
|  |  |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about mental health assessments.  It has information about | **Page** |
|  |  |  |
|  | * Assessment | **2** |
|  |  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | * Going to see a mental health worker for an assessment | **3** |
|  |  |  |
|  | * If you have an assessment in the emergency department | **17** |
| A person sitting at a desk  Description automatically generated with medium confidence | * Where to get more information | **18** |

|  |  |
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| **Assessment** | |
|  | One of the first steps in getting support for your mental health is an assessment. |
|  |  |
|  | **Mental health** is about   * How you think * How you feel |

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|  | An **assessment** is when a mental health or disability worker asks you questions about you and your health.  They use this information to work out the best way to help you. |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | **Mental health workers** are people who work to help you with your mental health. |

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| **Going to see a mental health worker for an assessment** | |
|  |  |
| A picture containing text, businesscard, vector graphics  Description automatically generated | An assessment might take 1 or more visits with your mental health worker. |
|  |  |
| Two people looking at a paper  Description automatically generated with low confidence | The mental health worker will tell you when and where the assessment will happen. |

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|  | If the time of the assessment does not suit you then you could ask to do the assessment at another time. |
|  | If the place of the assessment does not suit you then you can ask to do the assessment somewhere you want. |
|  | Sometimes you will not be able to choose where the assessment takes place. |
|  |  |
|  | **Who can come with you**  You can take someone you trust to the appointment. |
|  |  |
|  | There are many people you might trust.  For more information about who you might trust go to [**https://idmhconnect.health/someone-trust**](https://idmhconnect.health/someone-trust) |
|  |  |
| A person pointing at the camera  Description automatically generated with low confidence | But it is OK to go on your own if you prefer. |
| A person wearing a colorful shirt  Description automatically generated with low confidence | **What you should bring**  When you make an appointment the person you communicate with should tell you what you need to bring. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
|  | You might need to bring a letter that your GP has asked you to give to the mental health worker. |
|  |  |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
|  | You might need to bring reports that doctors have written about your health in the past. |
|  |  |
| Text  Description automatically generated | You might need to bring   * Results of any tests or assessments * A list of your medications |
|  |  |
|  | **Medicine** is sometimes called medication or drugs.  Medicine can be in   * A tablet * A pill * A drink      * An injection |
|  |  |

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| Icon  Description automatically generated | **Tip** |
|  |  |
|  | It can be hard to keep track of all your health information.  You can make a folder that you can take when you see health workers. |
|  |  |
|  | Your folder might include   * A list of any health issues you have * A list of your medications * The mental health workers you see * Any NDIS or other disability supports you have |
|  | **NDIS** is short for National Disability Insurance Scheme. |

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| --- | --- | --- | --- |
| A picture containing person, person, outdoor, male  Description automatically generated | Your folder might also include   * What you like | | |
|  | * What you do not like | | |
| Two people looking at a book  Description automatically generated with low confidence | * What helps you | | |
|  | * What worries you | | |
|  | There are also sheets you can fill out with this information.  Information sheets can be useful to take if you ever need to go to hospital. | | |
|  |  | | |
| A picture containing text  Description automatically generated | Below are some examples of information sheets you can fill out and use.   * 3DNs mental health passport [**https://idmhconnect.health/my-mental-health-passport**](https://idmhconnect.health/my-mental-health-passport) * The Council of Intellectual Disability My Health Matters folder [**https://cid.org.au/resource/my-health-matters-folder/**](https://cid.org.au/resource/my-health-matters-folder/) * A2D Together Folder[**http://a2d.healthcare/**](http://a2d.healthcare/) | | |
|  |  | | |
|  | **Confidentiality**  The mental health worker will also discuss confidentiality.  **Confidentiality** means that information about you must not be shared with others unless you say that it is OK to share. | | |
|  |  | | |
|  | Anything you communicate with health workers will be kept confidential unless there is a good reason to share information. | | |
|  |  | | |
| A person pointing at the camera  Description automatically generated with low confidence | | Good reasons to share information are   * You say it is OK | |
|  | |  | |
| A picture containing person  Description automatically generated | | * You or other people are in danger | |
|  | |  | |
|  | | * The law says they must share information   **Laws** are a set of rules that everyone must follow. | |
| Two people looking at a paper  Description automatically generated with low confidence | | **Questions the mental health worker might ask you**  Mental health workers will ask you questions to get to know   * You * What is happening for you now | |
|  | |  | |
| A person smiling for the picture  Description automatically generated with medium confidence | | They will use this information to work out the best way to help you feel better. | |
|  | |  | |
|  | | Mental health workers might ask you some questions about   * How you feel * What problems you are having now * If you have had any problems in the past | |
|  | |  | |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | | * If you got support for your mental health before * What worked for you * What did not work | |
|  | |  | |
|  | | * If you take any medicine   If you see a psychiatrist they will ask you questions about any medications you have taken for your mental health. | |
|  | |  | |
|  | | A **psychiatrist** is a doctor who helps you with your mental health using talking and medication.  A psychiatrist might ask | |
|  | |  | |
|  | | * If the medication helped * How you felt when you took it * If you had any side effects | |
|  | |  | |
|  | | A **side effect** is an unpleasant effect of medicine on your body or thinking.  A side effect can make you feel unwell.  Some medicines can give you side effects. | |
|  | |  | |
|  | | Your mental health worker might also ask you about your life at the moment.  For example   * If you see friends      * If you like where you live * What activities you like to do | |
|  | |  | |
|  | | Your mental health worker might also ask you about   * Things you like * Things you do not like * What you are good at * What your recovery goals are | |
|  | | **Recovery** means getting better so you can do the things you want to do. | |
|  | |  | |
|  | | A **goal** is something you want and take steps to reach.  Your **recovery goals** are what you would like to be able to do when you feel better. | |
|  | |  | |
| A person with his hand on his face  Description automatically generated with medium confidence | | You can prepare for your appointment by thinking about what your answers might be.  You or someone else can note down   * What you would like to say * Any questions you might have | |
| Icon  Description automatically generated | | **Tip** | |
|  | | Sometimes when people ask how we are feeling we just   * Say we are fine   or   * Always answer yes | |
|  | |  | |
|  | | For example if someone asks you if you are sleeping OK you might say yes even if you are having trouble sleeping. | |
|  | |  | |
|  | | When you communicate with any health worker it is important to let them know how you really feel. | |
|  | |  | |
|  | | For example   * If you feel unwell * If things are not going well for you | |
|  | |  | |
| A picture containing person, person, outdoor, male  Description automatically generated | | Then the health worker can help you.    You will not get in trouble for what you say. | |
|  | |  | |
|  | | After you start seeing a new psychologist or psychiatrist it can be good to make an appointment with your GP. | |
|  | | A **psychologist** helps you with your mental health by talking with you.  Psychologists help you find things you can do to feel better. | |
|  | | You can discuss with your GP how your psychologist or psychiatrist is going for you. | |
| **If you have an assessment in the emergency department** | | | |
|  | | |  |
|  | | | You will communicate with a doctor at the hospital if you must go to the emergency department for your mental health. |
|  | | |  |
|  | | | The doctor will ask you how you are feeling. |
|  | | |  |
|  | | | The doctors might run some tests. |

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| **Where to get more information** | |
|  |  |
| Two people looking at a book  Description automatically generated with low confidence | Below is a list of information sheets to support your mental health assessment.  You can use these sheets to list information about your mental health. |
|  |  |
|  | * 3DNs mental health passport [**https://idmhconnect.health/my-mental-health-passport**](https://idmhconnect.health/my-mental-health-passport) * The Council of Intellectual Disability My Health Matters folder [**https://cid.org.au/resource/my-health-matters-folder/**](https://cid.org.au/resource/my-health-matters-folder/) * A2D Together Folder[**http://a2d.healthcare/**](http://a2d.healthcare/) |
|  |  |
|  | 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) |

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| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | 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. |

****Text

Description automatically generated