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| **Emergency Help** | |
|  |  |
| A picture containing text  Description automatically generated | This information is about how to get emergency help in a crisis.  A **crisis** is when you are in danger or are very upset. |
|  |  |
|  | You might be in danger if   * You want to hurt yourself      * You want to hurt someone else      * You want to die |
|  |  |

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| **If you or someone else is in danger and need help now** | |
|  |  |
|  | Call **000** for an ambulance or the police. |
|  |  |
|  | Or go to an emergency department at a hospital. |
|  |  |
|  | You do not need an appointment to go to an emergency department. |
|  |  |
|  | You can ask someone you trust to take you to the emergency department. |
|  |  |
|  | There are many people you might trust.    For more information about who you might trust go to [**https://www.idmhconnect.health/ someone-trust**](https://www.idmhconnect.health/someone-trust) |
|  |  |

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| **If you are very upset and need to speak to someone now you can** | |
|  | |
|  | Communicate with someone you trust. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
|  | You can also communicate with services by   * Phone * Online |
|  |  |
|  | **Lifeline Australia**  Call on **13 11 14** any time of the day.  Text **0477 13 11 14** 12 from 12 noon to 6am  Chat online on [**https://www.lifeline.org.au/crisis-chat/**](https://www.lifeline.org.au/crisis-chat/)from 12 noon to 6 am |
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|  | **NSW Mental Health Line**  If you need to speak with a mental health worker you can ring the NSW Mental Health Line on **1800 011 511** any time on any day. |
|  |  |
|  | **Mental health workers** are people who work to help you with your mental health. |
|  |  |
|  | The mental health worker might   * Refer you to the local mental health team * Give you information about other services that can help you |
|  |  |
|  | **Suicide Call Back Service**  Call on **1300 659 467** |
|  |  |
|  | **MensLine Australia**  Call on **1300 78 99 78** |
|  |  |
|  | **Beyond Blue**  Call on **1300 22 4636** |
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| **You can also get support from your** | |
|  | |
|  | **GP**  A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
|  | **Psychologist**  If you have one.  A **psychologist** helps you with your mental health by talking with you.  Psychologists help you find things you can do to feel better. |
|  |  |
|  | **Psychiatrist**  If you have one.  A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine. |
|  |  |
|  | They might not be able to communicate with you right away.  But they will be able to help you. |

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| **Emergency help card** | |
|  |  |
| A person and person posing for a picture  Description automatically generated with low confidence | An Emergency help card can keep you and others safe in a crisis. |
|  |  |
| Table  Description automatically generated | It can support you and others to   * Know what to do in a crisis * Know who to contact in a crisis * Call phone lines that can support you in a crisis |
|  |  |
| Table  Description automatically generated | You can use the Emergency help card template to make an Emergency Card that is right for you. |
|  |  |
|  | For more information about the Emergency help card go to [**https://idmhconnect.health/emergency-help-template/ER**](https://idmhconnect.health/emergency-help-template/ER) |

Text

Description automatically generatedA picture containing qr code

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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 picture containing qr code  Description automatically generated**A person smiling for the camera  Description automatically generated with medium confidence** | 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 20.02.22 v2  No changes can be made without asking the people who wrote this sheet. |