|  |  |  |
| --- | --- | --- |
| **I cannot find support** | |  |
|  | |  |
|  | This information is about what you could do if you cannot find support.  It has information on | **Page** |
|  |  |  |
|  | * Communicating with someone you trust about finding support for your mental health | **3** |
|  |  |  |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | * Seeing your GP to find support | **5** |
|  |  |  |
|  | * What you can do if a mental health service says they are not right for you | **8** |
|  | * What you can do if you would like support in other areas of your life | **9** |

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| **Communicating with someone you trust about finding support for your mental health** | |
|  | |
|  | Finding help for your mental health can be hard.  But help is available. |
|  |  |
| A person with his arms crossed  Description automatically generated with medium confidence | **Mental health** is about   * How you think * How you feel |
|  |  |
|  | To find support you can communicate with someone you trust about finding help for your mental health. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | 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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| **Seeing your GP to find support** | |
|  | |
|  | To find support you can see a GP.  A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
|  | Your GP is usually the first health worker to see about your mental health. |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | Your GP can give you information on mental health workers. |
|  |  |
| 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. |
|  |  |
|  | Your GP may also write you a referral to go to a mental health worker. |
|  |  |
|  | A **referral** is when someone suggests you see a worker who can support you. |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | A mental health worker who is right for you might work   * With other people with intellectual disability * Near where you live |
|  |  |
|  | Below are some ideas if your GP does not know of a mental health worker right for you. |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | You can ask your GP to try to find another mental health worker. |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | You can ask someone you trust if they know a mental health worker. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | If you have an NDIS plan you can ask your support coordinator.  A **support coordinator** is a person who helps plan and organise     * Your care * Other services you get |
|  |  |
|  | You can look for services online.  For more information about services and support for your mental health go to [https://www.idmhconnect.health/ mental-health-services-health-workers/ER](https://www.idmhconnect.health/mental-health-services-health-workers/ER) |
| **What you can do if a mental health service says they are not right for you** | |
|  | |
|  | Ask the mental health service to suggest another service that can meet your needs. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | Ask your GP to suggest another service. |

|  |  |
| --- | --- |
| **What you can do if you would like support in other areas of your life** | |
|  | |
| A person standing in front of a poster  Description automatically generated with low confidence | To get support in other areas of your life you can communicate with your NDIS Support Coordinator if you have an NDIS plan. |
|  |  |
|  | You can also look for supports and services online.  For more information about services and support for your mental health go to <https://idmhconnect.health/i-am-person-ID/services-mental-health/other-services> |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |

|  |  |
| --- | --- |
| 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> |
| **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/> 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 25.02.2023 v2  No changes can be made without asking the people who wrote this sheet. |

Text

Description automatically generated****