|  |  |  |
| --- | --- | --- |
| **I need to get support again** | |  |
|  | |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about when you might need to get support again and what you can do  It has information on | **Page** |
|  |  |  |
| A person sitting at a table  Description automatically generated with medium confidence | * I need to get support again | **3** |
|  |  |  |
| A picture containing person  Description automatically generated | * If you are in a crisis | **5** |
|  |  |  |
| A picture containing graphical user interface  Description automatically generated | * Look at your plan | **6** |
| A picture containing person, person, standing  Description automatically generated | * Communicate with someone you trust | **8** |
|  |  |  |
| Two people sitting at a table looking at a book  Description automatically generated with medium confidence | * See your GP or mental health worker | **9** |

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| **I need to get support again** | |
|  | |
| A person sitting at a table  Description automatically generated with medium confidence | You might have already got help for your mental health. |
|  |  |
| A person smiling for the picture  Description automatically generated with medium confidence | You then felt better. |
|  |  |
| A person with his hand on his head  Description automatically generated with medium confidence | You might be worried about your mental health again. |
|  |  |
| A group of people sitting on chairs  Description automatically generated | A lot of people need help more than once for their mental health. |
|  |  |
| A person pointing at the camera  Description automatically generated with low confidence | That is OK. |
|  |  |
| A picture containing person  Description automatically generated | Mental health can change over time.  You can get support again. |
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| **If you are in a crisis** | |
|  | |
| A picture containing person  Description automatically generated | A **crisis** is when you are in danger or are very upset.  If you are in a crisis you will need support. |
|  |  |
|  | For more information about a crisis, click emergency help  [https://www.idmhconnect.health/ emergency-help/ER](https://www.idmhconnect.health/emergency-help/ER) |
|  |  |

|  |  |
| --- | --- |
| **Look at your plan** | |
|  | |
| A picture containing graphical user interface  Description automatically generated | If you had support for your mental health you might have a plan to help you stay well. |
|  |  |
| A person shaking hands with a person  Description automatically generated with low confidence | You might have made a plan when you   * Finished with your mental health worker * Left hospital |
|  |  |
| A picture containing text, picture frame  Description automatically generated | Plans can have lots of different names.  Your plan might be called a   * Transfer of care plan * Discharge plan * Recovery plan * Care plan |
| A person with his hand on his head  Description automatically generated with medium confidence | Your plan might have information for what to do if you are worried about your mental health. |
|  |  |
| Text  Description automatically generated | If you need support again you can  follow the steps in your plan. |

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| **Communicate with someone you trust** | |
|  | |
| A picture containing person, person, standing  Description automatically generated | If you need support you can communicate with someone you trust.  To **communicate** is how you understand and share your feelings or information. |
|  |  |
| Two people sitting on chairs looking at a cell phone  Description automatically generated with low confidence | There are many people you might trust.  For more information about who you might trust visit [https://www.idmhconnect.health/ someone-trust](https://www.idmhconnect.health/someone-trust) |
|  |  |

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| --- | --- |
| **See your GP or mental health worker** | |
|  | |
| Two people sitting at a table looking at a book  Description automatically generated with medium confidence | If you need support you can make an appointment with your   * GP * Mental health worker |
|  |  |
| |  |  | | --- | --- | | Two people sitting at a table with a computer  Description automatically generated with low confidence | A **GP** is the doctor that you see when you   * Are sick * Need a health check | | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
|  | 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 10.02.2023 v2  No changes can be made without asking the people who wrote this sheet. |

Text

Description automatically generated

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