|  |  |  |
| --- | --- | --- |
| **Mental health organisations and online information** | | |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about the people and services that can support the mental health of people with intellectual disability.  It has information on | **Page** |
|  |  |  |
|  | * Where you can get information and support | **3** |
|  |  |  |
|  | * Mental health organisations | **4** |
| A picture containing graphical user interface  Description automatically generated | There is a lot of information.  Some words can be hard to understand. |  |
|  |  |  |
|  | You can ask someone to read this information with you. |  |

|  |  |
| --- | --- |
| **Where you can get information and support** | |
|  | |
|  | There are mental health groups that support people with mental health problems.  They do this by providing   * Information * Support |
|  |  |
|  | **Mental health** is about   * How you think * How you feel |
|  |  |
| A picture containing person, crowd  Description automatically generated | A **mental health problem** is when your feelings start to worry you. |
| **Mental health organisations** | |
|  | **Head to Health**  Head to Health helps you find mental health information with their search tool.  Go to [**https://www.headtohealth.gov.au/**](https://www.headtohealth.gov.au/) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | **Healthdirect**  Healthdirect provides information and advice on many health topics.  This includes mental health.  Go to [**https://www.healthdirect.gov.au/**](https://www.healthdirect.gov.au/) |
|  |  |
|  | **The Black Dog Institute**  The Black Dog Institute provides   * Mental health information * Digital tools and apps to support your mental health   For more information about Black Dog Institute go to [**https://www.blackdoginstitute.org.au/**](https://www.blackdoginstitute.org.au/) |
| Graphical user interface, application  Description automatically generated | Healthy Mind is an online Easy Read tool for people with intellectual disability.  For more information about Healthy Mind go to [**https://www.healthymind.org.au/**](https://www.healthymind.org.au/) |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | The Black Dog Institute also provides clinical services.  For example services from psychologists and psychiatrists.  For more information on Black Dog Institutes clinical services go to [**https://www.blackdoginstitute.org.au/ education-services/**](https://www.blackdoginstitute.org.au/education-services/) |
|  |  |
|  | A **psychologist** helps you with your mental health by talking with you.  Psychologists help you find things you can do to feel better. |
|  |  |
|  | A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine. |
|  |  |
| A group of people standing together  Description automatically generated with low confidence | The Black Dog Institute also provides peer support.  This includes support groups and stories of people who have lived with mental illness. |
|  |  |
|  | A **support group** is a small group of people you meet with to communicate about mental health.  For more information about Black Dog Institutes support groups go to  [**https://www.blackdoginstitute.org.au/ resources-support/support-groups/**](https://www.blackdoginstitute.org.au/resources-support/support-groups/) |
|  | **Mental illness** is when your feelings and thoughts make it hard to do things.  For stories of people who have lived with mental illness go to  [**https://www.blackdoginstitute.org.au/ resources-support/personal-stories/**](https://www.blackdoginstitute.org.au/resources-support/personal-stories/) |
|  |  |
|  | **Beyond Blue**  Beyond Blue provides   * Information about mental health and illness   For more information about Beyond Blue go to  [**https://www.beyondblue.org.au/**](https://www.beyondblue.org.au/) |
|  |  |
|  | * Counselling support   For more information about Beyond Blues counselling support go to  [**https://www.beyondblue.org.au/get-support/get-immediate-support**](https://www.beyondblue.org.au/get-support/get-immediate-support) |
|  |  |
|  | **Counselling** is when you chat with mental health workers about   * Issues in your life * Ways you can fix these issues |
|  |  |
| 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. |
|  |  |
| A group of people sitting on chairs  Description automatically generated | Beyond Blue also provides peer support forums.  For more information about Beyond Blues peer support forums go to  [**https://www.beyondblue.org.au/get-support/online-forums**](https://www.beyondblue.org.au/get-support/online-forums) |
|  | **headspace**  headspace provides support for young people aged 12 to 25 years.  headspace provides mental health support   * Online * On the phone   For more information about headspaces mental health supports go to  [**https://headspace.org.au/online- and-phone-support/**](https://headspace.org.au/online-and-phone-support/) |
|  |  |
|  | headspace also provides work and study support  For more information about headspaces work and study support go to  [**https://headspace.org.au/services/ work-and-study-support/**](https://headspace.org.au/services/work-and-study-support/) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about headspace go to [**https://headspace.org.au/**](https://headspace.org.au/) |
|  |  |
|  | **SANE Australia**  SANE Australia provides   * Information about mental health   For more information about SANE Australia go to [**https://www.sane.org/**](https://www.sane.org/) |
|  |  |
| A group of people sitting on chairs  Description automatically generated | * Peer support workers * Peer support group chats and forums   Peer support helps you connect with other people living with mental illness.  For more information about SANE Australias peer support go to  [**https://www.sane.org/peer-support**](https://www.sane.org/peer-support) |
|  |  |
|  | A **peer support worker** is someone who has a lived experience of mental health problems, disability or both.  Peer workers use their own life experiences to help others. |
|  |  |
|  | SANE Australia also provides   * Counselling support   For more information about SANE Australias counselling support go to   * [**https://www.sane.org/get-support/drop-in-service**](https://www.sane.org/get-support/drop-in-service) * [**https://www.sane.org/referral**](https://www.sane.org/referral) |
|  |  |
|  | SANE has a new Guided Service.  This service gives free online and telehealth services and support to people   * 18 years or older * With complex mental health needs   Support is available for people with intellectual disability or autism. |
|  | SANE Australia also provides advocacy.  For more information about SANE Australias advocacy go to  [**https://www.sane.org/advocacy**](https://www.sane.org/advocacy) |
|  |  |
|  | **Advocacy** is having your voice heard so your rights and needs are met.  You can have needs in many areas of your life. |
|  |  |
|  | **Rights** are rules about how everybody should be treated fairly.  A right is something everyone has. |
|  |  |
|  | **Way Ahead**  Way Ahead provides   * Support over the phone   For more information about Way Aheads telephone support lines go to  [**https://wayahead.org.au/telephone-support-lines/**](https://wayahead.org.au/telephone-support-lines/) |
|  |  |
| A group of people sitting on chairs  Description automatically generated | * Peer support including anxiety support groups   For more information about Way Aheads anxiety support groups go to  [**http://understandinganxiety.wayahead.org.au/support-groups/**](http://understandinganxiety.wayahead.org.au/support-groups/) |
|  |  |
|  | **Anxiety** is when people feel worried about what is going to happen in the future. |
|  |  |
|  | Way Ahead also provides   * Forums for people living with mental illness and carers to connect with other people   For more information about Way Aheads forums for people living with mental illness go to [**https://wayahead.saneforums.org/ t5/Lived-Experience-Forum/ct-p/lived-experience-forum**](https://wayahead.saneforums.org/t5/Lived-Experience-Forum/ct-p/lived-experience-forum) |
|  |  |
|  | Way Ahead also provides Mental health information sessions  For more information about Way Aheads mental health information sessions go to  [**http://understandinganxiety.wayahead.org.au/small-steps/**](http://understandinganxiety.wayahead.org.au/small-steps/) |
|  |  |
| Text  Description automatically generated | * A list of NSW community and mental health services   To see Way Aheads list of NSW community and mental health services go to  [**https://directory.wayahead.org.au/**](https://directory.wayahead.org.au/) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Way Ahead go to  [**https://wayahead.org.au/**](https://wayahead.org.au/) |
| A picture containing person, person, seat, chair  Description automatically generated | **One Door**  One Door provides mental health services across NSW to support people recovering from mental health problems.  If you have an NDIS plan you may be able to get support with One Door.  For more information go to  [**https://www.onedoor.org.au/**](https://www.onedoor.org.au/) |
|  |  |
|  | **NDIS** is short for National Disability Insurance Scheme.  Your **NDIS plan** says what supports you need. |
|  |  |
|  | **Open Minds**  Open Minds provides mental health and disability support services.  For example counselling support.  For more information about Open Minds go to [**https://www.openminds.org.au/ services**](https://www.openminds.org.au/services) |
| A group of people sitting on chairs  Description automatically generated | **GROW**  GROW has mental health programs that provide peer support.  For more information about GROW go to  [**https://grow.org.au/**](https://grow.org.au/) |
|  |  |
|  | **BEING**  BEING provides   * Advocacy   For more information about BEING go to  [**https://being.org.au/**](https://being.org.au/) |
|  |  |
| A group of people sitting on chairs  Description automatically generated | BEING also provides a network of peer workers  For more information about BEINGs network of peer workers go to  [**https://being.org.au/peer-workforce-network/**](https://being.org.au/peer-workforce-network/) |
|  |  |
|  | BEING also provides a suicide support program.  **Suicide** is when you kill yourself on purpose because you are finding life too difficult.  If you want to kill yourself call **000** now to talk to someone who can help you. |
|  |  |
|  | The program can also help you to learn more about suicide.  For more information about the program go to  [**https://being.org.au/suicide-support-awareness-program/**](https://being.org.au/suicide-support-awareness-program/) |
|  | **Neami National**  Neami National provides   * Community mental health support   For more information on Neami Nationals community mental health support go to  [**https://www.neaminational.org.au/ our-services/community-based-mental-health/**](https://www.neaminational.org.au/our-services/community-based-mental-health/) |
|  |  |
|  | * Mental health support at your home   For more information about Neami Nationals mental health support at your home go to  [**https://www.neaminational.org.au/ our-services/residential-mental-health/**](https://www.neaminational.org.au/our-services/residential-mental-health/) |
|  |  |
| A group of people posing for a photo  Description automatically generated | * Housing support   For more information about Neami Nationals housing support go to  [**https://www.neaminational.org.au/ our-services/housing-and-homelessness/**](https://www.neaminational.org.au/our-services/housing-and-homelessness/) |
|  | Neami National also provides   * Suicide prevention services   **Prevention** means to stop something from happening.  For more information about Neami Nationals suicide prevention services go to [**https://www.neaminational.org.au/ our-services/suicide-prevention/**](https://www.neaminational.org.au/our-services/suicide-prevention/) |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | * Services with a mental health worker   For more information about Neami Nationals services with a mental health worker go to  [**https://www.neaminational.org.au/ our-services/clinical-support-services/**](https://www.neaminational.org.au/our-services/clinical-support-services/) |
|  | * Short term support right away   For more information about Neami Nationals short term support go to [**https://www.neaminational.org.au/ our-services/head-to-health/**](https://www.neaminational.org.au/our-services/head-to-health/) |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Neami National go to [**https://www.neaminational.org.au/**](https://www.neaminational.org.au/) |
|  | **Embrace Multicultural Mental Health**  Embrace Multicultural Mental Health provides support for people from different cultures   * Information about mental health in many languages * Stories of people who have lived with mental illness   For more information about stories of people who have lived with mental illness go to [**https://www.embracementalhealth.org.au/community/personal-stories**](https://www.embracementalhealth.org.au/community/personal-stories) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Embrace Multicultural Mental Health go to  [**https://www.embracementalhealth.org.au/**](https://www.embracementalhealth.org.au/) |
|  |  |
|  | 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

Description automatically generated

|  |  |
| --- | --- |
| 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 confidenceA 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. |