|  |  |  |
| --- | --- | --- |
| **Discharge** | |  |
|  |  |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about moving on from mental health services.  It has information about | **Page** |
|  |  |  |
|  | * Discharge | **3** |
|  |  |  |
|  | * When you finish seeing a mental health worker | **5** |
|  |  |  |
| A picture containing text, sky, outdoor  Description automatically generated | * When you leave hospital | **8** |
|  |  |  |
|  | * Staying well | **13** |
|  |  |  |
|  | * Where to get more information | **22** |

|  |  |
| --- | --- |
| **Discharge** | |
|  | |
| A picture containing text, sky, outdoor  Description automatically generated | **Discharge** usually refers to when you leave hospital. |
|  |  |
|  | It can also be when you finish your planned sessions with a mental health worker such as a psychologist. |
|  |  |
| 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 **psychologist** helps you with your mental health by talking with you.  They can help you find things you can do to feel better. |
|  |  |

|  |  |
| --- | --- |
|  | Psychologists do not give you medicine. |
|  |  |
|  | **Medicine** is sometimes called medication or drugs.  Medicine can be in   * A tablet * A pill * A drink * An injection |
| **When you finish seeing a mental health worker** | |
|  |  |
|  | You might finish seeing a mental health worker when |
|  |  |
|  | * You and your mental health worker have agreed that you no longer need help |
|  |  |
| A picture containing person, crowd  Description automatically generated | * You decide you no longer want to continue with the mental health worker |
|  |  |
|  | * You have used all your sessions on your Mental health treatment plan |
|  | When you stop seeing a mental health worker you will make a plan of what you can do to continue your recovery. |
|  |  |
|  | **Recovery** means getting better so you can do the things you want to do. |
|  |  |
|  | Your plan might include your goals and what you would like to work towards. |
|  |  |
| Text  Description automatically generated | It might include a list of things you have learnt that help your mental health.  Your plan might include activities you can do. |
| A group of people sitting on chairs  Description automatically generated | For example join a support group.  A **support group** is a small group of people you meet with to communicate about mental health. |
|  |  |
| A picture containing text, businesscard, vector graphics  Description automatically generated | Your plan will also include what to do if you start to have mental health problems again. |
|  |  |
|  | A **mental health problem** is when feelings start to worry you. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | You will usually have set a time to see the mental health worker a few weeks after discharge to see how you are going. |
| **When you leave hospital** | |
|  | |
| A picture containing text, sky, outdoor  Description automatically generated | To leave hospital is called discharge.  You and your mental health workers will plan for your discharge while you are in hospital. |
|  |  |
|  | **Planning for discharge**  Your doctors should start planning what support you will get when you leave hospital.  This is called a transfer of care plan or discharge plan**.** |
|  |  |
|  | Your doctors should discuss the plan with you.  You can tell them what your wishes are. |
|  |  |
| A picture containing text  Description automatically generated | You can use this planning sheet to help you   * Ask questions * Make decisions about what will happen when you leave hospital |
|  | For more information about My Easy Read Discharge plan go to  <https://idmhconnect.health/my-easy-read-discharge-plan> |
|  |  |
| A picture containing text, sky, outdoor  Description automatically generated | Your plan will include what health workers you will see when you leave hospital. |
|  |  |
|  | It will include if you need to keep taking medicine. |
|  |  |
| A picture containing person, crowd  Description automatically generated | Your plan will include a list of people you can call if you have questions or need help. |
|  |  |
|  | Your plan will also include what to do if you are in a crisis and need help straight away. |
|  |  |
|  | A **crisis** is when you are in danger or very upset.  You are in **danger** if you could be hurt or injured. |
|  |  |
|  | For more information about a crisis click the Emergency Help button <https://www.idmhconnect.health/emergency-help/ER> |
|  |  |
|  | You can ask for help if you think you will   * Need extra support when you leave hospital * Have trouble keeping track of the health and disability workers you need to see |
|  |  |
| A picture containing person, person, seat, chair  Description automatically generated | If you need extra support you might ask your   * Support worker |
|  |  |
|  | * Case manager * Care coordinator   If you have a NDIS plan you can discuss this with your NDIS Support Coordinator. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | A **case or support coordinator** is a person who helps plan and organise   * Your care * Other services you will get |
|  |  |
|  | **NDIS** is short for National Disability Insurance Scheme.  Your **NDIS plan** says what supports you need. |
|  | The NDIS website has more information on recovery and who can help you.  For more information go to  [https://www.ndis.gov.au/ understanding/how-ndis-works/mental-health-and-ndis#what-is-recovery](https://www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis#what-is-recovery) |

|  |  |
| --- | --- |
| **Staying well** | |
|  | |
|  | **What happens when you feel well again**  When you go home you might go back to activities you did before.  But you might choose to make changes in your life. |
|  |  |
|  | You might get a new job. |
|  |  |
| A child using a computer  Description automatically generated with medium confidence | You might study a new skill. |
|  |  |
|  | You might move to a new home. |
| A person sitting on a chair playing a guitar  Description automatically generated with medium confidence | When you go home you might also start new hobbies |
|  |  |
|  | There are services that can support you when you go home.  For information on types of support available go to  <https://www.idmhconnect.health/i-am-person-ID/services-mental-health> |
|  |  |
|  | **How you can stay well**  There are lots of ways you can help your recovery and stay well when you go home. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | Go to follow-up visits with your GP and mental health workers. |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
| A person talking on a cell phone  Description automatically generated with low confidence | Take calls or home visits from mental health workers and other supports. |
|  |  |
|  | Keep taking your medicine.  Discuss any side effects or questions you might have about your medicine with your GP or psychiatrist. |
|  |  |
|  | A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine. |
|  | A **side effect** is an unpleasant effect of medicine on your body or thinking.  A side effect can make you feel unwell. |
|  |  |
| A picture containing grass, person, sitting, outdoor  Description automatically generated | To stay well it can help to connect with family and friends if that helps you.  They can support you if you start to have mental health problems again. |
|  |  |
| A group of people sitting on chairs  Description automatically generated | To stay well you can also join community groups or support groups. |
|  |  |
|  | For more ideas about groups that you can join to stay well go to  <https://www.idmhconnect.health/i-am-person-ID/services-mental-health> |
|  |  |
| A picture containing person, posing, people  Description automatically generated | To stay well it can also help to do activities that you enjoy. |
|  |  |
|  | It can help to have a healthy lifestyle which can include getting enough sleep. |
|  |  |
|  | For more ideas about what you can do to stay well go to  <https://www.idmhconnect.health/tips-good-mental-health/ER> |

|  |  |
| --- | --- |
| A picture containing person, crowd  Description automatically generated | **What to do if you start to notice mental health problems again**  It is normal for your feelings to change. |
|  |  |
|  | Sometimes we have feelings that make us feel good.  Sometimes we have feelings that make us feel bad. |
|  |  |
| A picture containing text, person, person, male  Description automatically generated | You might notice more feelings that make you feel bad. |
|  |  |
| A picture containing text, clock  Description automatically generated | These feelings might last more than a few days.  For example you might feel |
|  | * Upset * Sad * Worried * Scared * Confused |
|  |  |
| Text  Description automatically generated | Your discharge plan might also have a list of things to look out for that mean you need help for your mental health. |
|  |  |
| A picture containing person, person, outdoor, male  Description automatically generated | If you start to notice mental health problems again there are things you can do. |
|  |  |
|  | If you are in a crisis click the Emergency Help button <https://www.idmhconnect.health/emergency-help/ER> |
|  |  |
|  | A **crisis** is when you are in danger or are very upset.  You are in **danger** if you could be hurt or injured. |
|  |  |
|  | If you start to notice mental health problems again you can communicate with someone you trust. |
|  |  |
|  | You can look at your discharge plan.  Your discharge plan might tell you what to do. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | You can make a time to see your GP. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | You can make a time to see your mental health worker. |

|  |  |
| --- | --- |
| **Where to get more information** | |
|  | |
| Two people looking at a book  Description automatically generated with low confidence | Below is a list of information sheets and websites to support you to move on from services |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | You can use this discharge planning sheet if you have been in hospital for your mental health.  For more information go to <https://idmhconnect.health/my-easy-read-discharge-plan> |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | The NDIS website has information on recovery and who can help you.  For more information go to <https://www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis#what-is-recovery> |
|  |  |
| A picture containing text  Description automatically generated | Sometimes people move to new services at certain times in their life.    For example when you become an adult or grow older.    For more information go to <https://idmhconnect.health/moving-services/ER2> |
|  |  |
|  | 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 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/> 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****