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| **People in rural and remote communities** | | |
|  | | |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about the mental health of people who live in rural and remote communities.  It has information on | **Page** |
|  |  |  |
|  | * Key points for people who live in rural and remote communities | **2** |
|  |  |  |
| A person with his hand on his head  Description automatically generated with medium confidence | * Worries you might have when getting help for your mental health and what you can do | **5** |
|  |  |  |
| Two people looking at a book  Description automatically generated with low confidence | * Services and supports | **13** |
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| **Key points for people who live in rural and remote communities** | |
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|  | People who live in rural and remote areas are sometimes called country communities. |
|  |  |
|  | People who live in the country do not have as many services as people who live in city areas.  These services could be health or disability services. |
|  |  |
|  | For more information about finding different services and supports you might need go to  <https://www.idmhconnect.health/i-am-person-ID/services-mental-health/mental-health-services/services> |
|  |  |
|  | Not many services also means there are less choices.  This can make it hard to find services that know how to support people with intellectual disability who have a mental health problem. |
|  |  |
|  | A **mental health problem** is when your feelings start to worry you. |
|  |  |
|  | For more information about what a mental health problem is go to  <https://www.idmhconnect.health/about-mental-health-and-id/ER> |
|  |  |
|  | People who live in country areas might need to   * Travel to the city to get the support that they need |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | * Wait for a health worker to visit their area to get the support that they need |
|  |  |
|  | People who live in the country areas might also need to use teleconferencing to see a health worker  **Teleconferencing** allows you to see and communicate with people online.  You can use programs likeZoom to teleconference.  You might also hear people call this telehealth. |
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| **Worries you might have when getting help for your mental health and what you can do** | |
|  | |
|  | Below are some worries you might have when you try to get support for your mental health. |
|  |  |
| Icon  Description automatically generated | We have some ideas for what you can do. |
|  |  |
|  | **Mental health** is about   * How you think * How you feel |
|  |  |
|  | **When there are no mental health services in your area**  This is what you can do. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | Specialist Intellectual Disability Health Teams can see people in country areas. |
|  |  |
|  | **Specialists** are people whoknow a lot about intellectual disability. |
|  |  |
| 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. |
|  |  |
|  | The mental health workers can have an appointment with you using teleconferencing. |
|  |  |
|  | The mental health workers might also be able to come to your country area to see you. |
|  |  |
|  | Ask your GP if a Specialist Intellectual Disability Health Team can support you. |
|  |  |
| 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. |
|  |  |
| . | For more information about specialist services go to  <https://idmhconnect.health/mental-health-services-services/ER> |
|  |  |
| A picture containing person, crowd  Description automatically generated | **When services say they cannot help you**  This is what you can do. |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | Ask the mental health worker to give you the details of another mental health worker in your local area. |
|  |  |
|  | You can let the mental health worker know about Specialist Intellectual Disability Health Teams. |
|  |  |
| A picture containing table, desk  Description automatically generated | They can help your GP to learn about working with people with intellectual disability. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | You can give the mental health worker a list of people who can help them.  We have made a list for you to share with the mental health worker.  You can find this list here <https://idmhconnect.health/specialist-intellectual-disability-services> |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | Ask the mental health worker to give you information about things that can help your mental health. |
|  |  |
|  | Advocate for yourself to get the help that you need. |
|  |  |
|  | To **advocate** is you or someone else doing things so that your rights and needs are met. |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | Someone you trust can advocate for you too.  There are many people you might trust.  For more information about who you might trust go to <https://idmhconnect.health/someone-trust> |
|  |  |
|  | **Rights** are rules about how everybody should be treated fairly.  A right is something everyone has. |
|  |  |
|  | For more information about how you can advocate for yourself or find an advocate go to <https://www.idmhconnect.health/about-advocacy/ER> |

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| A green and white bus  Description automatically generated with low confidence | **If you have to travel a long way to use a service**  This is what you can do. |
|  | You can ask the service or mental health worker if you can have your appointment using teleconferencing. |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | You can ask someone you trust to support you to have your appointment using teleconferencing. |
|  |  |
|  | If you do not have a phone or computer you can ask your NDIS support coordinator to support you to apply for one.  **NDIS** is short for National Disability Insurance Scheme. |
|  |  |
|  | A **support coordinator** is a person who helps plan and organise   * Your care * Other services you get |
|  |  |
|  | You can ask if the mental health worker can do a home visit.  A **home visit** is when mental health workers visit people in their homes. |
|  |  |
|  | You can ask your carers or support workers to help you arrange transport. |
|  |  |
|  | Your carers and support workers can also help you make a plan for how to get to the service. |
|  |  |
|  | If you have a NDIS plan you might be able to use your funds to help you get transport to appointments.  Ask your support worker or coordinator for more information. |
| **Services and supports** | |
|  |  |
|  | Below is a list of services and supports to support people who live in rural and remote communities. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | Specialist Intellectual Disability Health Teams can see people in country areas. |
|  |  |
|  | For more information about specialist services go to  <https://idmhconnect.health/mental-health-services-services/ER> |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |

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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> |
| **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