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| **People who have experienced trauma** | |  |
|  |  |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about the mental health of people who have experienced trauma.  It has information on | **Page** |
|  |  |  |
|  | * Key points for people who have experienced trauma | **2** |
|  |  |  |
|  | * Worries you might have when getting help for your mental health and what you can do | **6** |
|  |  |  |
| Two people looking at a book  Description automatically generated with low confidence | * Services and supports | **12** |

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| **Key points for people who have experienced trauma** | |
|  | |
|  | **Trauma** is when something has happened to you that made you very frightened or very upset. |
|  |  |
|  | Everyone has different things that make us frightened or very upset. |
|  |  |
|  | A lot of people with intellectual disability experience     * Abuse * Bullying * Neglect   These things can cause you to have trauma. |
|  |  |
|  | **Abuse** is when someone says or does something to hurt you or make you feel bad. |
|  |  |
|  | **Bullying** is when someone or a group of people are mean to you on purpose.  This could be more than one time. |
|  |  |
|  | **Neglect** is when someone who is meant to be supporting you does not give you the care you need. |
|  |  |
|  | Trauma can happen to you anywhere.  Trauma can happen |
|  |  |
|  | * At home |
|  | Trauma can also happen   * At school |
|  |  |
|  | * At work |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | * When you are getting health care. |
|  |  |
|  | You can communicate with someone you trust if these things   * Are happening to you * Have happened to you |
|  |  |
| A picture containing person, crowd  Description automatically generated | Even if it has only happened one time you can still let someone you trust know. |
|  |  |
|  | 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) |
|  |  |

|  |  |
| --- | --- |
| **Worries you might have when getting help for your mental health and what you can do** | |
|  | |
| A person with his hand on his head  Description automatically generated with medium confidence | 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. |
|  |  |
|  | **Your mental health worker does not ask about bad things that have happened to me in the past** |
|  |  |
|  | This is what you can do. |
|  | Communicate about bad things that have happened to you to your 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. |
|  |  |
|  | It is OK to communicate to your mental health worker if you think you have trauma. |
|  |  |
| A picture containing cellphone, phone  Description automatically generated | It is OK to feel stressed or worried when you communicate about bad things that have happened.  This is normal. |
|  |  |
|  | Communicating with mental health workers means they can understand you better. |
|  |  |
|  | If it is too hard to tell your mental health worker you can tell someone you trust.  You can get them to tell your mental health worker about your trauma. |
|  |  |
|  | **My mental health is not getting better**  Your mental health might not get better if you are experiencing |
|  |  |
|  | * Abuse |
|  |  |
|  | * Bullying |
|  |  |
|  | * Neglect |

|  |  |  |  |
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|  | | | This is what you can do. |
|  | | | If you are in a crisis call **000.**  A **crisis** is when you are in danger or are very upset. |
|  | | |  |
| A picture containing person  Description automatically generated | | | You are in a crisis if you   * Want to hurt yourself * Want to hurt someone else * Want to die |
|  | | |  |
|  | | | For more information about this click emergency help    [**https://www.idmhconnect.health/emergency-help/ER**](https://www.idmhconnect.health/emergency-help/ER) |
|  | | |  |
|  | | It is important to tell someone you trust if you are experiencing   * Abuse * Bullying * Neglect | |
|  | |  | |
|  | | You can communicate with someone you trust what is happening to you even if you are not sure if it is   * Abuse * Bullying * Neglect | |
|  | |  | |
| . | | For more information about how you can communicate with someone you trust go to  [**https://www.idmhconnect.health/communicating-about-my-mental-health/ER**](https://www.idmhconnect.health/communicating-about-my-mental-health/ER) | |
|  | |  | |
|  | | **My mental health is not getting better for other reasons**  Your mental health might not get better if you can not stop thinking about bad things that have happened to you. | |
|  | |  | |
| A person with his hand on his face  Description automatically generated with medium confidence | | If you have experienced trauma it can be hard to stop thinking about it. | |
|  | | You might be living or working in the same place where these bad things happened to you.  This means that you might be reminded of these bad things. | |
|  |  | | |
|  | This is what you can do. | | |
| A few men sitting in chairs  Description automatically generated with low confidence | If you cannot stop thinking about your past trauma you should tell someone you trust. | | |
|  |  | | |
|  | Someone you trust might be able to help you to change where you live or where you work. | | |
|  |  | | |
| A child smiling for the camera  Description automatically generated with low confidence | When you change where you live or where you work you might feel   * Less stressed * Less uncomfortable | | |

|  |  |
| --- | --- |
| **Services and supports** | |
|  | |
| Two people looking at a book  Description automatically generated with low confidence | Below is a list of services and supports to support people who have experienced trauma. |
|  |  |
| A picture containing person, crowd  Description automatically generated | Call the Disability Abuse and Neglect Hotline if you want to talk to someone about   * Abuse * Bullying * Neglect |
|  |  |
| Text  Description automatically generated | You can call the Disability Abuse and Neglect Hotline on **1800 880 052**.  It is free to call them. |
|  |  |
| A picture containing text  Description automatically generated | Speak Up and Be Safe From Abuse has Easy Read information.    This information can support you to communicate to someone that you   * Have experienced * Or are still experiencing abuse   For more information go to  [**https://www.speakupandbesafe.com.au/**](https://www.speakupandbesafe.com.au/) |
|  |  |
|  | The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disabilities was a group of people who   * Listened to the stories of people with disability * Told the government how to make things better |
|  |  |
|  | They wrote about what they found in their final report.  For more information go to  [**https://disability.royalcommission.gov.au/ publications/final-report**](https://disability.royalcommission.gov.au/publications/final-report) |
|  |  |
|  | 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) |

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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**](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/**](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****