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| **Supports for people living in rural and remote areas** |
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| A picture containing grass, outdoor, sky, house  Description automatically generated | Country areas are sometimes called **rural and remote areas.** |
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| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about people living in rural and remote areas go to<https://www.idmhconnect.health/people-living-rural-and-remote-areas/ER> |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence  | Below are services and supports for people who live in rural and remote communities. |
|  |  |
| A picture containing graphical user interface  Description automatically generated | There is a lot of information.Some words can be hard to understand. |
|  |  |
| Two people sitting on chairs looking at a cell phone  Description automatically generated with low confidence | You can ask someone to read this information with you. |
| A person sitting at a desk with a computer  Description automatically generated with low confidence | Specialist Intellectual Disability Health Teams have mental health workers who know how to work with people with 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. |
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| A picture containing text, person, electronics, display  Description automatically generated | The mental health workers can have appointments with you using teleconferencing.**Teleconferencing** allows you to see and communicate with people online.You can use programs like Zoom to teleconference. |
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| Two people sitting at a table  Description automatically generated with low confidence | The mental health workers may also come to your area. |
|  |  |
| A person talking on the phone  Description automatically generated with medium confidence | Specialist Intellectual Disability Health Teams can give advice to your doctor or mental health worker.  |
|  |  |
|  | 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 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/> 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 v2No changes can be made without asking the people who wrote this sheet. |

