|  |  |
| --- | --- |
| **Supports for various groups** | |
|  | |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about people and services that can support people with intellectual disability from different groups.  It has information for |
|  |  |
|  | * First Nations peoples |
|  |  |
| A group of men posing for a photo  Description automatically generated | * Culturally and linguistically diverse people |
|  |  |
|  | * LGBTQ+ people |
|  |  |
| A picture containing grass, outdoor, sky, house  Description automatically generated | * People living in rural and remote areas |
|  |  |
|  | * People in contact with the criminal justice system |
|  |  |
|  | * People with many support needs |
|  |  |
|  | * People who have had trauma |
|  |  |
| 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. |
| **First Nations peoples** | |
|  | |
|  | Below are services and supports for First Nations peoples. |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about First Nations peoples visit [**https://www.idmhconnect.health/ first-nations-peoples/ER**](https://www.idmhconnect.health/first-nations-peoples/ER) |
|  |  |
|  | **Translation and interpreter services** |
|  |  |
| Two people looking at a paper  Description automatically generated with low confidence | An **interpreter** is a person who changes words from your language to a language someone else understands. |
|  | The Translating and Interpreting Service provides onsite and on phone interpreting.  To contact the service   * Call **131 450** * Visit [**https://www.tisnational.gov.au/ Help-using-TIS-National-services/Contact-TIS-National**](https://www.tisnational.gov.au/Help-using-TIS-National-services/Contact-TIS-National) |
|  |  |
|  | The National Interpreting and Communication Services provides interpretation for some of the different First Nations sign languages.  The hours can be paid under NDIS interpreting hours.  For more information visit [**https://www.nicss.org.au/aboriginal-and-torres-strait-islander.html**](https://www.nicss.org.au/aboriginal-and-torres-strait-islander.html) |
|  |  |
|  | **NDIS** is short for National Disability Insurance Scheme. |
|  |  |
|  | 2M Language Services can provide interpreters for some of the First Nations languages for a fee.  For more information about the service visit [**https://www.2m.com.au/interpreting-services/indigenous-language-interpreting/**](https://www.2m.com.au/interpreting-services/indigenous-language-interpreting/) |
|  |  |

|  |  |
| --- | --- |
|  | Lifeline Australia provides crisis support in different languages.  You can ask to speak to someone in your language.  A **crisis** is when you are in danger or are very upset.  To contact Lifeline   * Call **13 11 14** * Visit [**https://www.lifeline.org.au/ crisis-chat/**](https://www.lifeline.org.au/crisis-chat/) |
|  |  |

|  |  |
| --- | --- |
|  | **Mental health supports** |
|  |  |
|  | **Mental health** is about   * How you think * How you feel |
|  |  |
| Graphical user interface, application  Description automatically generated | iBobbly is an app designed for First Nations peoples to support their own mental health.  For more information visit [**https://www.blackdoginstitute.org.au/ resources-support/digital-tools-apps/ibobbly/**](https://www.blackdoginstitute.org.au/%20resources-support/digital-tools-apps/ibobbly/) |
|  |  |
| A picture containing text, person, electronics, indoor  Description automatically generated | WellMob is an online tool for First Nations peoples to support their own mental health.  For more information about WellMob visit [**https://wellmob.org.au/**](https://wellmob.org.au/) |
|  |  |
| A group of people sitting on chairs  Description automatically generated | Proppa Deadly is a talk show where First Nations people tell their stories about mental health problems.  For more information about Proppa Deadly visit [**https://triplea.org.au/listen/ programs/lets-talk/proppa-deadly- napsia-vin-thal/**](https://triplea.org.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-thal/) |
|  |  |
| A picture containing person, crowd  Description automatically generated | A **mental health problem** is when your feelings start to worry you. |
|  |  |
| A person with the hands on the face  Description automatically generated with medium confidence | Trauma and Grief Network has helpful information and tips about dealing with trauma and grief for First Nations peoples.  **Trauma** is when something has happened to you that made you very frightened or upset. |
|  |  |
| A few men sitting at a table  Description automatically generated with medium confidence | **Grief** is when you have lots of different feelings when someone dies. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about the Trauma and Grief Network visit [**https://tgn.anu.edu.au/resource/ indigenous/**](https://tgn.anu.edu.au/resource/indigenous/) |
|  |  |
| Logo, company name  Description automatically generated | Beyond Blue gives information about mental health problems for First Nations peoples.  To see the information visit [**https://www.beyondblue.org.au/ who-does-it-affect/aboriginal-and- torres-strait-islander-people**](https://www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people) |
|  |  |
|  | Beyond Blue also provides information about dealing with discrimination because of your First Nations background.  For more information visit  [**https://www.beyondblue.org.au/who-does-it-affect/the-invisible-discriminator**](https://www.beyondblue.org.au/who-does-it-affect/the-invisible-discriminator) |
|  |  |
|  | **Other services and supports** |
|  |  |
| A picture containing person, person, indoor, people  Description automatically generated | First Peoples Disability Network provides advocacy and support for First Nations peoples with disability.  **Advocacy** is having your voice heard so your rights and needs are met.  You can have needs in many areas of your life. |
|  |  |
|  | For more information about the First Peoples Disability Network visit [**https://fpdn.org.au/lets-have-a-yarn-about-advocacy/**](https://fpdn.org.au/lets-have-a-yarn-about-advocacy/) |
|  |  |
|  | National Indigenous Postvention Service provides support for First Nations people and communities affected by suicide.  To contact this service call **1800 805 801.** |
|  |  |
| Two people talking  Description automatically generated with low confidence | Aboriginal and Torres Strait Islander mediation provides free mediation conflict management services.  **Mediation** is when a person comes to support people after they have big arguments or fights. |
|  |  |
|  | For more information about the mediation services visit [**https://www.cjc.justice.nsw.gov.au/Pages/ cjc \_whytry\_mediation/com\_justice\_**](https://www.cjc.justice.nsw.gov.au/Pages/cjc_whytry_mediation/com_justice_mediation_atsi.aspx)  [**mediation\_atsi.aspx**](https://www.cjc.justice.nsw.gov.au/Pages/cjc_whytry_mediation/com_justice_mediation_atsi.aspx) |
|  |  |

|  |  |
| --- | --- |
| A group of people standing together  Description automatically generated with low confidence | All Together Now provides information for people who want to report racism.  **Racism** is when people discriminate against you because of your culture or background.  **Discrimination** is when someone is treated badly because of something about them they cannot control. |
|  |  |
|  | For information about All Together Now visit [**https://alltogethernow.org.au/ racism/reporting-racism/**](https://alltogethernow.org.au/racism/reporting-racism/) |
|  |  |
| A picture containing text, queen  Description automatically generated | Wuuwi Gambling can provide counselling services for First Nations peoples with gambling issues.  **Gambling** is when you play games for the chance to win money. |
|  |  |
|  | **Counselling therapy** 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. |
|  | For more information about Wuuwi Gambling visit [**https://aboriginalsafegambling. com.au/**](https://aboriginalsafegambling.com.au/) |
|  |  |
| A picture containing text  Description automatically generated | Your Room provides information on services that support First Nations peoples to reduce the harm caused by alcohol and drugs.  They also provide culturally safe phone counselling and referral. |
|  |  |
|  | A **referral** is when someone suggests you see a worker who can support you. |
|  |  |
|  | For more information about Your Room visit [**https://yourroom.health.nsw.gov.au/ Pages/home.aspx**](https://yourroom.health.nsw.gov.au/Pages/home.aspx) |
|  |  |
|  | **Search tools for health services and supports** |
|  |  |
| A person drinking from a cup  Description automatically generated with low confidence | Ask Izzy can help you search for the right services and supports for you.  For more information about Ask Izzy visit [**https://askizzy.org.au/**](https://askizzy.org.au/) |
|  |  |
| A group of people posing for the camera  Description automatically generated | Australian Indigenous HealthInfoNet has a search tool to find First Nations health workers and health practitioners near you.  To use the search tool visit [**https://healthinfonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/**](https://healthinfonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/) |
|  |  |
| Text  Description automatically generated | Aboriginal Health and Medical Research Council provides a list of First Nations health services across NSW.  For more information visit [**https://www.ahmrc.org.au/member-services/**](https://www.ahmrc.org.au/member-services/) |
|  |  |
| A group of people posing for a photo  Description automatically generated with medium confidence | The National Aboriginal Community Controlled Health Organisation provides a list of Aboriginal community health centres in NSW.  For more information about the community health centres visit [**https://www.naccho.org.au/naccho-members/**](https://www.naccho.org.au/naccho-members/) |
|  |  |

|  |  |
| --- | --- |
| **Culturally and linguistically diverse people** | |
|  |  |
| A group of men posing for a photo  Description automatically generated | **Culturally and linguistically diverse** is used to describe people who identify as belonging in some way to a non-Australian culture.  Culturally and linguistically diverse is known as CALD for short. |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about CALD people visit [**https://www.idmhconnect.health/ culturally-and-linguistically/ER**](https://www.idmhconnect.health/culturally-and-linguistically/ER) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for CALD people. |
|  |  |

|  |  |
| --- | --- |
|  |  |
| A group of people shaking hands  Description automatically generated with medium confidence | The Multicultural Disability Advocacy Association provides advocacy services for people with disability from CALD communities. |
|  |  |
| A group of people sitting at a table  Description automatically generated | The Multicultural Disability Advocacy Association also supports people with NDIS appeals and reviews.  An **appeal** is when you ask someone to have another meeting. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about the Multicultural Disability Advocacy Association visit [**http://mdaa.org.au/services/**](http://mdaa.org.au/services/) |
|  |  |

|  |  |
| --- | --- |
| A picture containing text, clipart  Description automatically generated | The Ethnic Community Services Co-operative provides   * NDIS services and information |
|  |  |
| A group of people shaking hands  Description automatically generated with medium confidence | * Advocacy |
|  |  |
| A picture containing text, person, indoor  Description automatically generated | * Volunteer projects for people with disability   When you **volunteer** you give your time to help someone.  You do not get paid for your help. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | They also provide   * Support for people looking for work experience and paid work |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about the Ethnic Community Services Co-operative visit [**https://ecsc.org.au/**](https://ecsc.org.au/) |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | Open Minds has support services for people from CALD communities with mental health problems.  For more information about Open Minds visit [**https://www.openminds.org.au/ services/supporting-culturally-and-linguistically-diverse-people-cald**](https://www.openminds.org.au/services/supporting-culturally-and-linguistically-diverse-people-cald) |
|  |  |
| A picture containing person, person, indoor, people  Description automatically generated | Action on Disability within Ethnic Communities has services and information including   * Advocacy support |
|  |  |
| A tv on a dresser  Description automatically generated with low confidence | * Videos about the NDIS in different languages |
|  |  |
| A group of people sitting on chairs  Description automatically generated | * Social support groups   A **support group** is a small group of people you meet with to communicate about mental health. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Action on Disability within Ethnic Communities visit [**https://adec.org.au/**](https://adec.org.au/) |
|  |  |

|  |  |
| --- | --- |
| A picture containing person, person, indoor, people  Description automatically generated | Kin provides advocacy support for people with disability from CALD communities.  For more information about Kin visit [**https://kinadvocacy.org.au/**](https://kinadvocacy.org.au/) |
|  |  |
|  | The Federation of Ethnic Communities Councils of Australia has a program that supports people from CALD backgrounds to access the NDIS.  For more information about the program visit [**https://fecca.org.au/ communityconnectors/**](https://fecca.org.au/communityconnectors/) |
|  |  |
|  | **Translation and interpreter services** |
|  |  |
|  | Translating and Interpreting Service provide onsite and on phone interpreting.  To contact the service   * Call **131 450** * Visit [**https://www.tisnational.gov.au/ Help-using-TIS-National-services/Contact-TIS-National**](https://www.tisnational.gov.au/Help-using-TIS-National-services/Contact-TIS-National) |
|  |  |
| A picture containing text, sign, picture frame  Description automatically generated | NSW Health Care Interpreting Services have free and confidential interpreters when you go to hospital for your care.  **Confidentiality** means that information about you must not be shared with others unless you say that it is OK to share. |
|  |  |
|  | For more information about the NSW Health Care Interpreting Services visit [**https://www.health.nsw.gov.au/ multicultural/Pages/Health-Care-Interpreting-and-Translating-Services.aspx**](https://www.health.nsw.gov.au/multicultural/Pages/Health-Care-Interpreting-and-Translating-Services.aspx) |
|  |  |
|  | Lifeline Australia provides crisis support in different languages.  You can ask to speak to someone in your language.  To contact Lifeline   * Call **13 11 14** * Visit [**https://www.lifeline.org.au/**](https://www.lifeline.org.au/) |
|  |  |
|  | **Translated information for people from CALD communities** |
|  |  |
| A picture containing diagram  Description automatically generated | Below is a list of websites with information in different languages.  The information from the websites below is not in Easy Read but can still be helpful.  If you want you can ask someone to support you to read them. |
|  |  |
|  | Embrace Multicultural Mental Health provides mental health information in different languages.  For more information visit [**https://embracementalhealth.org.au/**](https://embracementalhealth.org.au/) |
|  |  |
| Text  Description automatically generated | The Multilingual Disability Hub has information on disability and the NDIS in different languages.  To see the information visit [**https://www.cesphn.org.au/images/ MDH\_General.pdf**](https://www.cesphn.org.au/images/MDH_General.pdf) |
|  |  |
| Text, whiteboard  Description automatically generated | Amparo Advocacy Inc has information on the rights of people with an NDIS plan.  **Rights** are rules about how everybody should be treated fairly.  A right is something everyone has.  To read the information visit [**https://www.amparo.org.au/ndis-and-participants-rights/**](https://www.amparo.org.au/ndis-and-participants-rights/) |
|  | Your **NDIS plan** says what supports you need. |
|  |  |
| Graphical user interface, website  Description automatically generated | The Cerebral Palsy Alliance has some information translated into different languages.  To read the information visit [**https://cerebralpalsy.org.au/ resources-in-other-languages/**](https://cerebralpalsy.org.au/resources-in-other-languages/) |
|  |  |
| Text  Description automatically generated | Centrelink information about the Disability Support Pension has been translated into different languages.  To read the information visit [**https://www.servicesaustralia.gov.au/ disability-support-pension-translation**](https://www.servicesaustralia.gov.au/disability-support-pension-translation) |
|  |  |
| A picture containing text  Description automatically generated | UnitingSA has factsheets to help CALD communities to access the NDIS.  To read the factsheets visit [**https://unitingsa.com.au/community-services/ndis-disability-support/**](https://unitingsa.com.au/community-services/ndis-disability-support/) |
|  |  |
| Text  Description automatically generated | The Transcultural Mental Health Centre has mental health information in different languages.  To read the information visit [**https://www.dhi.health.nsw.gov.au/ transcultural-mental-health-centre-tmhc/resources/in-your-language**](https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/in-your-language) |
|  |  |

|  |  |
| --- | --- |
| **LGBTQ+ people** | |
|  |  |
|  | **LGBTQ+** stands for lesbian, gay, bisexual, transgender and questioning. |
|  |  |
| A couple of women posing for the camera  Description automatically generated with medium confidence | **Lesbian** means women who are attracted to other women. |
|  |  |
| A couple of men posing for the camera  Description automatically generated with medium confidence | **Gay** means men who are attracted to other men. |
|  |  |
|  | **Bisexual** means people who are attracted to both men and women. |
|  |  |
| Icon  Description automatically generated | **Transgender** refers to people who are now a different gender to the one that they were given when they were born. |
|  |  |
|  | **Questioning** is if you feel that you might not be heterosexual but you are not sure. |
|  |  |
| Two people standing next to each other  Description automatically generated with medium confidence | A **heterosexual** person is   * A woman who is attracted to men   or   * A man who is attracted to women |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about LGBTQ+ people visit [**https://www.idmhconnect.health/ lgbtq-people/ER**](https://www.idmhconnect.health/lgbtq-people/ER) |

|  |  |
| --- | --- |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for LGBTQ+ people. |
|  |  |
|  | Family Planning NSW has a Sexuality and Disability Service.  The sessions are included in your NDIS plan.  For more information visit [**https://www.fpnsw.org.au/factsheets/ individuals/disability/sexuality-and-disability-service**](https://www.fpnsw.org.au/factsheets/individuals/disability/sexuality-and-disability-service) |
|  |  |
| A picture containing text  Description automatically generated | Family Planning NSW also has Easy Read information about   * Relationships * Sexual health * Sexual identity   To read the information visit [**https://www.fpnsw.org.au/factsheets/ individuals/disability/all-about-sex**](https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex) |
|  |  |
|  | CHANGE has an Easy Read guide on being LGBTQ+.  CHANGE is a group that is not in Australia but the information might still be helpful.  For more information visit [**https://www.changepeople.org/our-work/lgbtq-an-easy-read-guide**](https://www.changepeople.org/our-work/lgbtq-an-easy-read-guide) |
|  |  |
| A picture containing shape  Description automatically generated | Twenty10 helps people in NSW between 12 and 25 years old who identify as LGBTQ+.  For more information about Twenty10 visit [**https://www.twenty10.org.au/**](https://www.twenty10.org.au/) |
|  |  |
| A picture containing person, person, posing, crowd  Description automatically generated | Twenty10 has services for everyone, not just people with intellectual disability.  Twenty10 provides   * Counselling |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | * Mental health support |
|  |  |
| A person and person standing next to a person in a wheelchair  Description automatically generated with low confidence | * Support for social skills |
|  |  |
| A person smiling with her hand on her face  Description automatically generated with low confidence | QLife is a chatline that provides free LGBTQ+ peer support and referrals.  You can   * Call QLife on **1800 184 527** between 3pm and 12am midnight every day * Chat to QLife online [**https://qlife.org.au/**](https://qlife.org.au/) |
|  |  |
| A picture containing person, person, posing, crowd  Description automatically generated | Relationships and Private Stuff has counselling and education to support you.  Their services can be included in your NDIS plan.  For more information about Relationships and Private Stuff visit [**https://www.relationshipsand privatestuff.com/**](https://www.relationshipsandprivatestuff.com/) |
|  |  |
| Graphical user interface, application  Description automatically generated | Sydney Queer and Disability Community is a group on Facebook that raises awareness for LGBTQ+ people with disability.  For more information about the community group visit [**https://www.facebook.com/ queeranddisabled**](https://www.facebook.com/queeranddisabled) |
|  |  |
| A picture containing person, person, indoor, people  Description automatically generated | Rainbow Rights and Advocacy is a self-advocacy group.  A **self-advocate** is someone who speaks up for themselves.  Rainbow Rights and Advocacy is run by and for LGBTQ+ people with intellectual disability.  For more information visit [**https://rainbowrights.com.au/**](https://rainbowrights.com.au/) |
|  |  |

|  |  |
| --- | --- |
| **People living in rural and remote areas** | |
|  |  |
| A picture containing grass, outdoor, sky, house  Description automatically generated | People who live in the country do not have as many health and disability services as people who live in the city.  Country areas are sometimes called rural and remote areas. |
|  |  |
| 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 visit [**https://www.idmhconnect.health/ people-living-rural-and-remote-areas/ ER**](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 service and supports for people who live in rural and remote communities. |
|  |  |
| 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. |
|  |  |
| 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. |
| 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 visit  [**https://idmhconnect.health/mental-health-services-services/ER**](https://idmhconnect.health/mental-health-services-services/ER) |

|  |  |
| --- | --- |
| **People in contact with the criminal justice system** | |
|  |  |
| A group of people posing for a photo in front of a building  Description automatically generated | A person who has come into contact with the criminal justice system is someone who needs to communicate with or go to the   * Police * Courts * Prisons |
|  |  |
|  | The **courts** are where people decide if someone has broken the law. |
|  |  |
|  | **Prisons** are places where some people stay if they have broken the law. |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about the criminal justice system visit [**https://www.idmhconnect.health/ people-contact-justice-system/ER**](https://www.idmhconnect.health/people-contact-justice-system/ER) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for people in contact with the criminal justice system. |
|  |  |
| A person in a suit  Description automatically generated with low confidence | The Justice Advocacy Service is a free advocacy service.  For more information about the service visit [**https://idrs.org.au/jas/**](https://idrs.org.au/jas/) |
|  |  |
|  | You can get a justice advocate to support you.  A **justice advocate** supports and assists people who are involved in the criminal justice system. |
|  |  |
|  | A justice advocate who works at a Justice Advocacy Service is free. |
|  |  |
|  | They can organise a support person for you.  A **support person** supports people with intellectual disability to   * Have all their rights met * Fully participate in the processes of the criminal justice system |
|  |  |
| A picture containing table, desk  Description automatically generated | The justice advocate or support person can support you to   * Know what to expect will happen |
|  |  |
| A person writing on a piece of paper  Description automatically generated with low confidence | * Fill in forms |
|  |  |
| A picture containing text, person  Description automatically generated | * Understand how you should be treated |
|  |  |
| A child smiling for the camera  Description automatically generated with low confidence | * Stay calm |
|  |  |
| A picture containing text, businesscard, vector graphics  Description automatically generated | * Understand what has happened * Understand what will happen next |
|  |  |
| A picture containing person, crowd  Description automatically generated | The Community Restorative Centre has a free telephone information and referral service.  Call them on **(02) 9288 8700** between 9am and 5pm. |
|  |  |
|  | The Community Restorative Centre also has services and programs that support people who have left prison. |
|  |  |
|  | For more information about the Community Restorative Centre visit [**https://www.crcnsw.org.au/get-help/**](https://www.crcnsw.org.au/get-help/) |
|  |  |

|  |  |
| --- | --- |
| **People with many support needs** | |
|  |  |
| A picture containing qr code  Description automatically generated | People with intellectual disability can have many support needs.  **Support needs** means you need support with different things in your life.  Support needs are sometimes called complex needs. |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about multiple needs visit [**https://www.idmhconnect.health/ people-multiple-needs/ER**](https://www.idmhconnect.health/people-multiple-needs/ER) |
|  |  |

|  |  |
| --- | --- |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for people with multiple needs. |
|  |  |
| A person sitting at a desk with a computer  Description automatically generated with low confidence | Specialist Intellectual Disability Health Teams know how to work with people with intellectual disability.  They can work with your doctor or health workers to help support you. |
|  |  |
| A person sitting at a desk with a microphone and a computer  Description automatically generated with medium confidence | The Statewide Intellectual Disability Mental Health Hubs know how to work with people with intellectual disability.  They can work with your doctor to help support you. |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | You can let your doctor know about the Hubs. |
|  |  |
|  | For more information about the Hubs visit [**https://www.health.nsw.gov.au/ mentalhealth/Pages/intellectual- disability-mental-health-hubs.aspx**](https://www.health.nsw.gov.au/mentalhealth/Pages/intellectual-disability-mental-health-hubs.aspx) |
|  |  |
| A person sitting at a desk with a computer  Description automatically generated with low confidence | The NSW Developmental Disability Health Unit can work with your GP to support your health problems.  For more information about the unit visit [**https://cds.org.au/clinics-services/royal-rehab-clinic-ddhu/**](https://cds.org.au/clinics-services/royal-rehab-clinic-ddhu/) |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | A **GP** is the doctor you see when   * You are sick      * You need a health check |
|  |  |
| A person holding a green board  Description automatically generated with medium confidence | The Admission2Discharge Together Folder can keep together your health information.  The folder can make it easier for you if you need to go to hospital.  You can take the folder with you to hospital.  For more information about the folder visit [**http://a2d.healthcare/**](http://a2d.healthcare/) |
|  |  |
| A picture containing graphical user interface  Description automatically generated | The Council for Intellectual Disability has a My Health Matters folder.  For more information about the folder visit [**https://cid.org.au/resource/my-health-matters-folder/**](https://cid.org.au/resource/my-health-matters-folder/) |
|  |  |

|  |  |
| --- | --- |
| **People who have had trauma** | |
|  |  |
| A person with the hands on the face  Description automatically generated with medium confidence | People with intellectual disability can experience many situations or events that can cause them trauma.  **Trauma** is when something has happened to you that made you very frightened or very upset. |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about trauma visit [**https://www.idmhconnect.health/ people-who-have-had-trauma/ER**](https://www.idmhconnect.health/people-who-have-had-trauma/ER) |
|  |  |

|  |  |
| --- | --- |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for people who have experienced trauma. |
|  |  |
| A picture containing person, crowd  Description automatically generated | Call the Disability Abuse and Neglect Hotline if you want to tell 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 person, standing, child, young  Description automatically generated | **Abuse** is when someone says or does something to hurt you or make you feel bad. |
|  |  |
| A group of men standing together  Description automatically generated with medium confidence | **Bullying** is when someone or a group of people are mean to you on purpose.  This could be more than one time. |
|  |  |
| A picture containing person, person, sport  Description automatically generated | **Neglect** is when someone who is supposed to be supporting you does not give you the care you need. |
|  |  |
| A picture containing person, crowd  Description automatically generated | Contact the National Counselling and Referral Service if you need support after you have experienced   * Abuse * Bullying * Neglect   You can call the service on  **1800 421 468**. |
|  |  |
| 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 visit  [**https://www.speakupandbe safe.com.au/**](https://www.speakupandbesafe.com.au/) |
|  |  |
|  | The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disabilities is a group of people who   * Listen to the stories of people with disability * Tell the government how to make things better |
|  |  |
|  | You can let the Royal Commission know about your stories.  For more information visit [**https://disability.royalcommission. gov.au/share-your-story**](https://disability.royalcommission.gov.au/share-your-story) |

Text

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**Supports for various groups**

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The information in this Easy Read sheet is from the [**https://idmhconnect.health/**](https://idmhconnect.health/) website. The website has resources that support people with intellectual disability to get the right services and support for their mental health.

For information on how to support people to use Easy Read visit[**https://www.3dn.unsw.edu.au/professionals\_toolkit**](https://www.3dn.unsw.edu.au/professionals_toolkit)

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A picture containing qr code

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