|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment** | | |  |
|  |  | |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about treatment for mental health.  It has information on | |  |
|  | * Making a mental health care plan | | **2** |
|  | * What happens during your treatment | | **20** |
| A picture containing text, sky, outdoor  Description automatically generated | * If you must go to hospital for your mental health | | **26** |
|  | * Where to get more information | | **30** |
| **Making a mental health care plan** | | | | |
|  | | | | |
| A person smiling for the picture  Description automatically generated with medium confidence | | After your assessment your mental health worker will discuss what could help you to feel better. | | |
|  | |  | | |
|  | | An **assessment** is when a mental health or disability worker asks you questions about you and your health.  They use this information to work out the best way to help you. | | |
|  | |  | | |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | | **Mental health workers** are people who help you with your mental health.  They may suggest treatments. | | |
|  | |  | | |
|  | | **Treatments** are things that can help you feel better.  Treatments can be therapies and medicines. | | |
|  | | **Therapies** are activities your mental health workers use to support your mental health. | | |
|  | | **Medicine** is sometimes called medication or drugs.  Medicine can be in   * A tablet * A pill * A drink * An injection | | |
|  | | Your mental health worker will discuss making a mental health care plan with you. | | |
|  | | A **care plan** is a list of things you can do to help you get better.  A care plan is sometimes called a treatment plan. | | |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | | The mental health worker can make your mental health care plan with you. | | |
|  | | Someone you trust may work with the mental health worker to make the care plan.  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) | | |
|  | | **Treatments that are available**  There are different treatments that can help improve mental health.  Talking therapy is one of the main treatments. | | |
|  | |  | | |
|  | | **Talking therapy** is when you communicate with a mental health worker to learn ways to cope with how you think or feel. | | |
|  | |  | | |
|  | | To **communicate** is how you share and receive information. | | |
|  | |  | | |
|  | | To **cope** means you can deal with difficult things. | | |
|  | |  | | |
|  | | Psychologists or counsellors usually use talking therapies to help you. | | |
|  | |  | | |
|  | | A **psychologist** helps you with your mental health by talking with you.  Psychologists help you find things you can do to feel better. | | |
|  | |  | | |
|  | | Psychologists do not give you medicine. | | |
|  | |  | | |
|  | | A **counsellor** is a health worker.  You can communicate with them about problems in your life. | | |
|  | |  | | |
|  | | You can see a counsellor if   * Stressful things happen in your life   Or   * You are worried about the future | | |
|  | | **Cognitive Behavioural Therapy** is a common talking therapy.  Cognitive Behavioural Therapy is called CBT for short. | | |
|  | |  | | |
| A person with his hand on his face  Description automatically generated with medium confidence | | CBT can help you change   * How you think * What you can do to have more positive feelings | | |
|  | | For more information about CBT go to [**https://www.healthdirect.gov.au/ cognitive-behaviour-therapy-cbt**](https://www.healthdirect.gov.au/cognitive-behaviour-therapy-cbt) | | |

|  |  |
| --- | --- |
| A child smiling for the camera  Description automatically generated with low confidence | Mindfulness is another common type of talking therapy.  Mindfulness helps you to focus on what is happening now to calm your mind. |
|  | For more information about Mindfulness go to [**https://www.healthdirect.gov.au/ mindfulness**](https://www.healthdirect.gov.au/mindfulness) |
|  | Medicine is the other main type of treatment. |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | Doctors let people know which medicine to take to help make them better.  Your doctor may give you a new medicine to take. |
|  | If you already take medicine your doctor may change the amount you take. |
|  | Your doctor may also tell you to stop taking some medicines. |
|  |  |
|  | It is important to keep taking your medicines until your doctor tells you to stop even if you start to feel better.  Your GP or a psychiatrist may manage your medicine. |
|  |  |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
|  | A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine. |
| A group of people sitting on chairs  Description automatically generated | Other things can help mental health such as going to a mental health support group.  A **support group** is a small group of people you meet with to discuss mental health. |
|  |  |
| A group of people sitting around a table  Description automatically generated | People usually discuss   * How they feel * Things that make them feel better |
|  |  |

|  |  |
| --- | --- |
|  | For more information about organisations that run support groups   * Go to [**https://www.idmhconnect.health/ mental-health-services-organisations-and-online-information/ER**](https://idmhconnect.health/mental-health-services-organisations-and-online-information/ER) |
|  |  |
|  | * Ask your GP or mental health worker about support groups in your local area |
|  |  |
|  | Other things can help mental health such as having a healthy lifestyle. |
|  |  |
|  | For information on other things that can help you to have good mental health go to [**https://www.idmhconnect.health/ tips-good-mental-health/ER**](https://www.idmhconnect.health/tips-good-mental-health/ER) |
|  | **Choosing treatments and consent**  You may have more than 1 treatment. |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | Mental health workers will discuss what treatment is best for you. |
|  |  |
|  | Mental health workers will also help you to choose what treatment you want. |
|  |  |
| A person pointing at the camera  Description automatically generated with low confidence | Mental health workers will generally ask you if it is OK before they start any treatment.  This is called asking for consent. |
|  |  |
|  | **Consent** is when you give permission or agree that something is OK. |
|  |  |
|  | Mental health workers will go through   * What the treatments will involve |
| A person with the hands on the head  Description automatically generated with low confidence | * If the treatments could harm you in any way |
| A person smiling for the picture  Description automatically generated with medium confidence | * How the treatments may help you |
| A picture containing person  Description automatically generated | * How long the treatments may take |
|  | * If you have to pay any money for the treatment |
|  |  |
|  | Sometimes a person responsible needs to make a decision about what treatment is best for you.  A person responsible might be |
|  |  |
|  | * A guardian   A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself. |
|  |  |
| A person and person hugging  Description automatically generated with low confidence | * Partner   A **partner** is a person you have a relationship with. |
|  |  |
|  | A **relationship** is a type of connection you have with people you enjoy spending time with. |
|  |  |
| A group of people posing for a photo  Description automatically generated | A person responsible might also be a   * Carer |
|  |  |
|  | * Family member or friend |
|  | Some treatments can be done at home. |
| A picture containing text, sky, outdoor  Description automatically generated | For some treatments you may need to go to hospital. |
|  |  |
|  | If you need to stay in hospital for your mental health you may be   * A voluntary patient * An involuntary patient |
|  |  |
|  | You are a **voluntary patient** if you decide to go to hospital for mental health treatment. |
|  |  |
|  | If you are a voluntary patient you or your guardian can   * Choose what type of treatment you want * Ask to have a different treatment      * Ask to stop treatment |
|  | For more information about   * Being a voluntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_MHA\_Voluntary\_ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Voluntary_ERv1.pdf) * Your rights as a voluntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_Rights\_Voluntary\_ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Voluntary_ERv1.pdf) |
|  |  |
| Two people standing in front of a door  Description automatically generated with low confidence | If you are an **involuntary patient** you must stay in hospital for mental health treatment until you are well enough to go home.  It is not your choice when you can leave. |
|  |  |
|  | If you are an involuntary patient you can be given treatment even if you do not want it. |
|  |  |
|  | For more information about   * Being an involuntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_MHA\_Involuntary\_ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Involuntary_ERv1.pdf) * Your rights as an involuntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_Rights\_Involuntary\_ ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Involuntary_ERv1.pdf) |
|  |  |
| A person wearing a colorful shirt  Description automatically generated with low confidence | **How to know what will work best for you**  Discuss with your GP or mental health worker about what treatment may work best for you. |
|  |  |
|  | Ask someone you trust what they think. |
|  |  |
|  | You may have tried a certain treatment before.  Try to remember if it helped you or not. |
|  |  |
| A person smiling for the picture  Description automatically generated with medium confidence | Sometimes you will not know how a treatment will work for you until you try it. |
|  |  |
| A person pointing at the camera  Description automatically generated with low confidence | It is OK to try a treatment for a while. |
|  |  |
|  | If it is not working you can ask your GP or mental health workers to try something else. |

|  |  |
| --- | --- |
| **What happens during your treatment** | |
|  | |
| A picture containing text, clock  Description automatically generated | During your treatment you will visit your mental health workers and GP regularly. |
|  |  |
|  | **Talking therapy**  **Talking therapy** is when you communicate with a mental health worker to learn ways to cope with how you think or feel. |
|  |  |
|  | If you are having talking therapy your mental health worker may ask you to practise skills you learn at home. |
|  |  |
| A picture containing text, writing implement, stationary, pen  Description automatically generated | For example they may give you sheets to fill in at home to note down the feelings you have during the week. |
|  |  |
|  | **Medicine**  If you are taking medicine your GP or psychiatrist may want to see you every few months. |
|  |  |
| A picture containing text, writing implement, stationary, pen  Description automatically generated | If you are taking medicine it can help to note down if you have any side effects. |
|  |  |
| A person with the hands on the head  Description automatically generated with low confidence | A **side effect** is an unpleasant effect of medicine on your body or thinking.  A side effect can make you feel unwell.  Some medicines can give you side effects. |
|  |  |
|  | You can use a diary to note down any side effects you have from your medicines.    You can ask someone you trust to support you to use your diary. |
|  |  |
|  | You can use IDMH Connects Medication Side Effects Diary to note down any side effects.  For more information go to [**https://www.idmhconnect.health/ medication-side-effects-diary**](https://idmhconnect.health/medication-side-effects-diary) |
|  |  |
|  | You can show this diary to your doctor.  Your doctor can help you if you have side effects. |
|  |  |
|  | Your doctor can let you know what medications you take and what side effects you may have. |
|  |  |
|  | The Council for Intellectual Disability has a factsheet on taking medicines.  For more information go to [**https://cid.org.au/resource/me-and-my-medication-guide/**](https://cid.org.au/resource/me-and-my-medication-guide/) |
|  |  |
| A picture containing text  Description automatically generated | There are also lots of factsheets on different medicines.  You may like to ask someone you trust to look at the factsheets with you.  For more information about different medicines go to [**https://www.birmingham.ac.uk/ research/activity/ld-medication-guide/downloads/medicine-information.aspx**](https://www.birmingham.ac.uk/research/activity/ld-medication-guide/downloads/medicine-information.aspx) |
|  |  |
|  | **Support**  You can ask someone you trust for support during treatment. |
|  |  |
| A person shaking hands with a person  Description automatically generated with medium confidence | They can speak to your mental health workers about how they can help you if you want. |
|  |  |
|  | It is OK if you do not want them to speak to your mental health workers. |
|  |  |
| A picture containing text, white  Description automatically generated | **Diary**  You could keep a diary about   * What has helped you * What has not worked |
|  |  |
|  | This can help to plan your care in the future.  You can also use IDMH Connects My Health Passport to note down treatments you have had before. |
|  |  |
|  | For more information go to [**https://www.idmhconnect.health/ my-mental-health-passport**](https://idmhconnect.health/my-mental-health-passport) |

|  |  |
| --- | --- |
| **If you must go to hospital for your mental health** | |
|  | |
| A picture containing text, sky, outdoor  Description automatically generated | If you are very mentally unwell you may have to stay in a hospital. |
|  |  |
| A person with the hand on the head  Description automatically generated with medium confidence | You are **very mentally unwell** when you cannot cope with your feelings and thoughts. |

|  |  |
| --- | --- |
|  | Hospital mental health workers can   * Help you to communicate how you feel |
|  |  |
|  | * Suggest other treatments like medicine that may help you |
|  | You may feel scared if you have to stay in hospital.  This is very normal. |
|  |  |
| A picture containing person, person, outdoor, male  Description automatically generated | But there are people who can support you. |

|  |  |
| --- | --- |
|  | **Hospital staff**  In hospital you can ask to communicate with someone if you are worried or scared.  This could be a   * Nurse |
|  |  |
| A picture containing person, sitting  Description automatically generated | * Social worker   A **social worker** is a mental health worker who helps you find the support you need to stay well. |
|  | This could also be a   * Psychologist |
|  |  |
|  | * Counsellor |
|  | If someone else on the ward is worrying you then you can tell hospital staff.  They can help you. |

|  |  |
| --- | --- |
|  | **Official Visitor**  You can ask to communicate with an Official Visitor in the hospital. |
|  | **Official Visitors** make sure people who are getting mental health care are treated well.  Official Visitors do not work for the hospital. |

|  |  |
| --- | --- |
|  | You may want to communicate with an Official Visitor if |
|  |  |
| A doctor attending to a patient  Description automatically generated with medium confidence | * You have an idea for how the hospital can treat you better |
|  |  |
| Two people talking  Description automatically generated with medium confidence | * You want to make a complaint.   A **complaint** is when you tell someone you are not happy with something. |

|  |  |
| --- | --- |
| **Where to get more information** | |
|  | |
|  | Below is a list of information to support your mental health treatment. |
|  |  |
|  | For more information about   * Cognitive behavioural therapy go to [**https://www.healthdirect.gov.au/ cognitive-behaviour-therapy-cbt**](https://www.healthdirect.gov.au/cognitive-behaviour-therapy-cbt) * Mindfulness go to [**https://www.healthdirect.gov.au/ mindfulness**](https://www.healthdirect.gov.au/mindfulness) |

|  |  |
| --- | --- |
|  | The Council for Intellectual Disability has a factsheet on taking medicines.  For more information go to [**https://cid.org.au/resource/me-and- my-medication-guide/**](https://cid.org.au/resource/me-and-my-medication-guide/) |
|  |  |
| A picture containing text  Description automatically generated | There are also lots of factsheets on different medicines.  You may like to ask someone you trust to look at these with you.  For more information about different medicines go to [**https://www.birmingham.ac.uk/ research/activity/ld-medication-guide/downloads/medicine- information.aspx**](https://www.birmingham.ac.uk/research/activity/ld-medication-guide/downloads/medicine-information.aspx) |
|  |  |
|  | The Home Medicines Review factsheet lets you know how you can get advice on the medicines you take.  This factsheet helps you check you are not taking too much medicine.  For more information go to [**https://www.countrysaphn.com.au/wp-content/uploads/2022/10/Medicines-Review\_Easy-Read\_FINAL.pdf**](https://www.countrysaphn.com.au/wp-content/uploads/2022/10/Medicines-Review_Easy-Read_FINAL.pdf) |
|  |  |
|  | For more information about   * Being a voluntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_MHA\_Voluntary\_ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Voluntary_ERv1.pdf) * Your rights as a voluntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_Rights\_Voluntary\_ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Voluntary_ERv1.pdf) |
|  |  |
|  | For more information about   * Being an involuntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_MHA\_Involuntary\_ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Involuntary_ERv1.pdf) * Your rights as an involuntary patient go to [**https://www.3dn.unsw.edu.au/ sites/default/files/documents/ 3DN\_Rights\_Involuntary\_ ERv1.pdf**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Involuntary_ERv1.pdf) |
|  | For more information on getting help in other areas of your life go to   * The Disability Gateway [**https://www.disabilitygateway. gov.au/**](https://www.disabilitygateway.gov.au/) * NDIS website [**https://www.ndis.gov.au/**](https://www.ndis.gov.au/) * Services and supports [**https://www.idmhconnect.health/ other-services-types-health-workers/ER**](https://www.idmhconnect.health/other-services-types-health-workers/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**](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. |
| Text  Description automatically generated | **Where these people work**  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 | The Council for Intellectual Disability reviewed this Easy Read sheet. |
| **A person smiling for the camera  Description automatically generated with medium confidence** | 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 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |

****Text

Description automatically generated