|  |  |  |
| --- | --- | --- |
| **What is happening to me** | | |
|  | | |
|  | This information is about how to know if you might have a mental health problem.  It has information on | **Page** |
|  |  |  |
| A picture containing person, crowd  Description automatically generated | * How to know if you might have a mental health problem | **2** |
|  |  |  |
| A person in a suit and tie  Description automatically generated with low confidence | * Why you feel different | **6** |
| **How to know if you might have a mental health problem** | | |
|  | | |
| A picture containing person, crowd  Description automatically generated | A **mental health problem** is when your feelings start to worry you. | |
|  |  | |
|  | It can be when you cannot control your feelings.  You might not be able to calm your feelings to think clearly. | |
|  |  | |
| . | You might feel different to the way you usually do. | |
|  |  | |
|  | You might feel very sad. | |
|  |  | |
|  | You might not know why you feel sad. | |
|  |  | |
| A person sitting on a chair  Description automatically generated | You might not want to do things you like to do.  You might not want to see friends. | |
|  |  | |
|  | You might get very angry with people. | |
|  |  | |
|  | You might sleep   * More than you use to      * Less than you use to | |
|  |  | |
| A person eating food  Description automatically generated with medium confidence | You might eat   * More than you use to * Less than you use to | |
|  |  | |
|  | Someone close to you might see the changes.  For more information about who this might be go to <https://www.idmhconnect.health/someone-trust> | |
|  |  | |
|  | For more information on mental health and your feelings go to  <https://www.idmhconnect.health/about-mental-health-and-id/ER> | |
|  |  | |
| A picture containing text  Description automatically generated | For more information about how to know if you might have a mental health problem look at the Council for Intellectual Disability’s Mental Health Guide <https://cid.org.au/resource/mental-health-guide> | |

|  |  |
| --- | --- |
| **Why I might be feeling different** | |
|  | |
| A picture containing person, crowd  Description automatically generated | There are lots of reasons why you could have a mental health problem.  You could be very worried. |
|  |  |
|  | You might be worried about things like fighting with   * Friends * Family |
|  |  |
|  | You could have a mental health problem because you have hadtrauma in your past. |
|  |  |
|  | **Trauma** is when something has happened to you that made you very frightened or very upset. |
|  | It could be because you have had something bad happen to you like bullying.  **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 cellphone, phone  Description automatically generated | You could have a mental health problem because of other stress. |
|  |  |
| A person with the hands on the head  Description automatically generated with low confidence | You might have a mental health problem if you have been sick. |
|  |  |
| A person and a child posing for the camera  Description automatically generated with low confidence | You could have a mental health problem because someone in your family has   * A mental health problem * Had a mental health problem in the past |
|  |  |
| A person in a suit and tie  Description automatically generated with low confidence | Sometimes we do not know why mental health problems start. |
|  |  |
| A picture containing person, crowd  Description automatically generated | Mental health problems are very common.  They can happen to anyone. |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | You can get help if you are worried about your mental health. |
|  |  |
|  | For more information about when to get help for your mental health go to  <https://www.idmhconnect.health/when-get-help/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> |

Text

Description automatically generated

|  |  |
| --- | --- |
| 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 v2  No changes can be made without asking the people who wrote this sheet. |

