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| **When to get help for your mental health** | | |
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|  | This information is about when to get help for your mental health.  It has information on | **Page** |
|  |  |  |
|  | * Feelings that we all have | **2** |
|  |  |  |
| Two people looking at a book  Description automatically generated with low confidence | * When to get help | **5** |
|  |  |  |
| **Feelings that we all have** | | |
|  |  | |
|  | Feelings can make you feel different things. | |
| A picture containing text, person, person, male  Description automatically generated | Everyone has feelings that make them feel bad.  You can be   * Upset * Sad * Worried * Angry | |
| Icon  Description automatically generated | It is OK to feel bad sometimes.  Feelings that make us feel bad usually go away. | |
|  |  | |
| A picture containing person  Description automatically generated | If you have feelings that make you feel bad for a short time it does not mean you 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. | |

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| **When to get help** | |
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| Two people looking at a book  Description automatically generated with low confidence | Sometimes it can be hard to know if you need to get help for your mental health.  Below are some examples of when it is important to get help. |
|  |  |
|  | You can use the information here to help you to decide when to get help. |
|  |  |
| A picture containing person  Description automatically generated | **Crisis**  It is important to get help when you are in a crisis.  A **crisis** is when you are in danger or are very upset.  You are in **danger** if you could be hurt or injured. |
|  |  |
| A person talking on a cell phone  Description automatically generated with low confidence | It is important to get help if you have thoughts of harming yourself or others. |
|  |  |
|  | For more information about a crisis click emergency help <https://www.idmhconnect.health/emergency-help/ER> |
|  |  |
|  | You can get help to find out ways to have good mental health. |
|  |  |
|  | You can also get help if you are worried you might have a mental health problem. |
|  |  |
| A picture containing cellphone, phone  Description automatically generated | **Stressful things**  You should get help if stressful things have been happening in your life. |
|  |  |
|  | It can be stressful when things in life change. |
|  |  |
|  | Other things that are stressful can be   * Problems at home * Problems at your disability service * Experiencing bullying * Problems with friends |
|  |  |
|  | **Bullying** is when someone or a group of people are mean to you on purpose.  This could be more than one time. |
| A person wearing a black shirt  Description automatically generated with medium confidence | **Worries about the future**  It is good to get support if you cannot stop worrying about your future. |
|  |  |
| A picture containing skiing, outdoor, javelin, person  Description automatically generated | You might not want to communicate with anyone yet.  That is OK. |
|  |  |
|  | If you decide that you would like to get help for your mental health you can search for support. |
|  |  |
|  | For more information on services and supports for your mental health go to <https://www.idmhconnect.health/where-start-get-help/ER> |
|  |  |
| A person and person posing for a picture  Description automatically generated with low confidence | **Emergency help card**  An Emergency help card can keep you and others safe in a crisis.  An Emergency help card can support you and others to |
|  |  |
| Table  Description automatically generated | * Know what to do in a crisis * Know who to contact in a crisis * Call phone lines that can support you in a crisis |
|  |  |
| Table  Description automatically generated | You can use the Emergency help card template below to make an Emergency Card that is right for you. |
|  |  |
|  | For more information about the Emergency help card go to <https://idmhconnect.health/emergency-help-template/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

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