|  |  |  |
| --- | --- | --- |
| **Where to start to get help** | |  |
|  |  |  |
|  | This information is about where to go for help.  It has information on | **Page** |
|  |  |  |
|  | * Where to start to get help | **3** |
|  |  |  |
| A picture containing person  Description automatically generated | * Help in a crisis | **5** |
|  |  |  |
|  | * Help when you are not in danger but very upset | **7** |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | * Seeing your GP | **8** |
|  |  |  |
|  | * Seeing a counsellor | **10** |
|  |  |  |
|  | * Where to find more information and support | **13** |

|  |  |
| --- | --- |
| **Where to start to get help** | |
|  | |
| A few men sitting in chairs  Description automatically generated with low confidence | It is good to communicate with someone you trust if you want help with your mental health. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A person with his arms crossed  Description automatically generated with medium confidence | **Mental health** is about   * How you think * How you feel |
|  |  |
|  | 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) |
|  |  |
|  | It is OK if you do not want to communicate with these people.  You can get help from other places. |
|  |  |
|  | For more information about asking for help go to [https://www.idmhconnect.health/ communicating-about-my-mental-health/ER](https://www.idmhconnect.health/communicating-about-my-mental-health/ER) |

|  |  |
| --- | --- |
| **Help in a crisis** | |
|  | |
| A picture containing person  Description automatically generated | A **crisis** is when you are in danger or are very upset.  You are in **danger** if you could be hurt or injured.  It is important if you are in a crisis to go to the emergency department at the hospital. |
|  |  |
|  | Emergency departments are sometimes called ED.  You can also ask someone you trust to help you. |
|  |  |
|  | Call **000** for an ambulance or the police. |
|  |  |
|  | Or go to an emergency department at a hospital. |
|  | You do not need an appointment to go to an emergency department. |
|  |  |
| A person and person posing for a picture  Description automatically generated with low confidence | 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 |
|  | For more information about   * The Emergency help card go to <https://idmhconnect.health/emergency-help-template/ER> * Emergency help in a crisis go to [https://www.idmhconnect.health/ emergency-help/ER](https://www.idmhconnect.health/emergency-help/ER) |
|  |  |
| **Help when you are not in danger but very upset** | |
|  | If you are not in danger but are very upset you can get support from a GP. |
|  |  |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
|  | Your GP might suggest you communicate with a psychiatrist.  A **psychiatrist** is a doctor who helps you with your mental health. |
|  |  |
|  | You can also communicate with a psychologist.  A **psychologist** helps you with your mental health by talking with you.  To look for a psychologist go to [www.psychology.org.au/Find-a-Psychologist](http://www.psychology.org.au/Find-a-Psychologist) |
| **Seeing your GP** | |
|  | |
|  | A GP is usually the first health worker you see about your mental health.  Your GP can help you if you think you have a mental health problem. |
|  | Your GP may refer you to someone who specialises in mental health problems.  This might be a   * Psychologist * Psychiatrist |
|  | A **referral** is when your GP says you should see a mental health worker if you need more help. |
|  | **How to see a GP** |
|  | If you have a GP you have seen before contact their office to make an appointment.  You can also ask someone to help you make an appointment. |
|  | You may also be able to make an appointment to see them online. |
|  |  |
|  | If you do not have a GP ask someone you trust if they know a good GP. |
|  |  |
|  | You can also ask your local chemistif they know a good GP. |
|  | To find a GP near you go to [https://www.healthdirect.gov.au/ australian-health-services](https://www.healthdirect.gov.au/australian-health-services) |
|  | For more information about how a GP can help you with your mental health go to [https://www.idmhconnect.health/ mental-health-services-health-workers/ER](https://www.idmhconnect.health/mental-health-services-health-workers/ER) |
|  |  |
| **Seeing a counsellor** | |
|  | |
|  | A **counsellor** is a health worker.  You can communicate with them about problems in your life. |
|  |  |
|  | You can communicate with them if   * Stressful things happen in your life * You are worried about the future |
|  |  |
|  | Different mental health workers can offer counselling therapy.  **Counselling therapy** is when you chat with mental health workers about   * Issues in your life * Ways you can fix these issues |
|  | **How to find a counsellor** |
| A person sitting at a desk  Description automatically generated with medium confidence | To find a counsellor you can   * Ask someone you trust if they know a good counsellor * Ask where you work or study if they have counsellors * Communicate with your GP |
|  |  |
|  | * Search for a counsellor through the Australian Counselling Association <https://www.theaca.net.au/find-registered-counsellor.php> |
|  |  |
| A picture containing person, crowd  Description automatically generated | You can contact SANE Australia.  SANE Australia can give you counselling.  SANE Australias counsellors will   * Listen to what is worrying you * Give ideas for what you can do next |
|  |  |
|  | Contact SANE Australias counsellors 10 am to 10 pm Monday to Friday.   * Call **1800 187 263** * Go to <https://www.sane.org/get-support/drop-in-service> * Email [helpline@sane.org](mailto:helpline@sane.org) |
|  |  |
|  | SANE has a new Guided Service.  This service gives free online and telehealth services and support to people   * 18 years or older * With complex mental health needs   Support is available for people with intellectual disability or autism. |
|  |  |
|  | You may have to pay to see a counsellor.  It is good to communicate with someoneif you are worried about paying. |
|  |  |
|  | You might chat about payment options with     * Your GP * NDIS Support Coordinator if you have an NDIS plan |
|  |  |
|  | A **support coordinator** is a person who helps plan and organise   * Your care * Other services you get |
| **Where to find more information and support** | |
|  | |
|  | There is information online about how to   * Have good mental health * Cope with mental health problems |
|  |  |
|  | **Online tools and information** |
|  | Council for Intellectual Disability Tips to have good mental health <https://cid.org.au/resource/tips-help-mental-health/> |
|  | Healthy Mind program can help with your mental health <https://www.healthymind.org.au/>  Healthy Mind was made for people with intellectual disability. |
|  | THIS WAY UP has information to help you in tough times <https://thiswayup.org.au/coping-and-resilience-tools/>  THIS WAY UP has information in other languages <https://thiswayup.org.au/coping-and-resilience-tools/multilingual-resources/> |
| A picture containing person, posing  Description automatically generated | The Black Dog Institute has tools to support mental health  <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/>  Not all of these tools are in Easy Read but they may still be useful. |
|  | Beyond Blue has information about mental health <https://www.beyondblue.org.au/>  Headspace for young people has information about mental health <https://headspace.org.au/> |
|  | **Organisations you can contact** |
|  |  |
|  | Some organisations can give advice on where you can get help over the phone and online. |
|  |  |
|  | **Lifeline Australia**  Call on **13 11 14** any time of the day.  Text **0477 13 11 14** 12 noon to 6am.  Chat online at <https://www.lifeline.org.au/crisis-chat/> 12 noon to 6 am. |
|  |  |
|  | **Beyond Blue**  Call on **1300 22 4636** at any time of the day.  Chat online at <https://www.beyondblue.org.au/support-service/chat>1 pm to 12 midnight. |
|  |  |
|  | **Mens Line Australia**  Call on **1300 78 99 78** at any time on any day.  Chat online at <https://mensline.org.au/phone-and-online-counselling/>at any time on any day. |
|  | **NSW Mental Health Line**  If you need to speak with a mental health worker you can ring the NSW Mental Health Line on **1800 011 511** any time on any day. |
|  |  |
|  | The mental health worker may   * Refer you to the local mental health team   or   * Give you information about other services that can help you |
|  |  |
| Graphical user interface, application  Description automatically generated | **Way Ahead Mental Health Information Service**  Call on **1300 794 991** Monday to Friday from 9 am to 5 pm. |
| Icon  Description automatically generated | **Tip**  Some websites can be tricky to use.  You can ask someone to help you use websites and find information. |
| Text size button image | Many websites have accessibility features.  **Accessibility features** are features that can help you use the website.  For example you can change   * The size of the writing * Have the text read out |
|  | 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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|  | **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 person smiling for the camera  Description automatically generated with medium confidence**A 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. |