

# About mental health



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## What mental health is



**Mental health** is about

- How you think
- How you feel



You have different types of feelings.

You can spot different feelings by noticing

- Changes in how you think
- Changes in how your body feels



Feelings can make you feel good.

You can be

- Happy



- Calm



Feelings can make you feel bad.

You can be



- Upset

- Sad



- Worried

## What good mental health is



Good mental health can mean different things.

Good mental health is when you feel OK about having different kinds of feelings.



Good mental health is being able to do everyday things like making breakfast.



Good mental health is having people you enjoy spending time with.



Good mental health is when you do things you like.



To have good mental health you need to take care of different parts of your life.



Below are some examples of some ways you can take care of these different parts.



- A safe place to live



- Healthy food



- Time to relax

Some other examples of some ways you can take care of these different parts are



- Exercise



- Enough sleep



- Time with family and friends



- Time to do things you enjoy

## What a mental health problem is



There are different words used to talk about mental health.



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.





A **mental illness** is when your feelings and thoughts make it hard to do things.

Sometimes mental illness is also called a mental disorder.



A serious mental illness is when your feelings and thoughts make you feel so bad that you cannot do things.



Below are some names for mental health problems and mental illness.



**Anxiety** is when people feel worried about what is going to happen in the future.



**Depression** is when people

- Feel very sad or down for a long time
- Might not feel like doing the things you usually do



**Bipolar disorder** is when people feel very down sometimes and have lots of energy at other times.



**Psychosis** is when people might find it hard to tell what is real.

People with psychosis might

- Hear voices when no one is there



- See things that are not there



People with psychosis might

- Believe things that are not true



**Schizophrenia** is a type of psychosis.



For more information about types of mental health problems and mental illness go to <https://www.beyondblue.org.au/the-facts>



The NDIS might be able to help people who need support because they have a mental health problem.

**NDIS** is short for National Disability Insurance Scheme.

The NDIS calls disabilities that happen because of mental illness a **psychosocial disability**.



For more information about what support you can get from the NDIS discuss with your support coordinator.



A **support coordinator** is a person who helps plan and organise

- Your care
- Other services you will get

If you think you may have a mental health problem or mental illness, go to



- When to get help  
<https://www.idmhconnect.health/when-get-help/ER>
- Where to start to get help  
<https://www.idmhconnect.health/where-start-get-help/ER>

## What can lead to mental health problems and mental illness



There are a lot of reasons someone can have mental health problems.

These include



- Feeling stressed for a long time



- A family member who has a mental health problem



- Health issues



- Not enough support



- Money problems



- Not doing enough exercise

- Eating unhealthy food and drinks



- Using drugs and drinking alcohol

## What is not a mental health problem



Not all feelings that make you feel bad are a mental health problem.

Everyone has these feelings sometimes.

They usually do not last long.



You might have a mental health problem or mental illness if

- You feel bad for 2 weeks or more



- The feelings that make you feel bad keep coming back

## Mental health and intellectual disability



A lot of people with intellectual disability have mental health problems or mental illness.



This does not mean that you will have mental health problems or mental illness.

Every person is different.



It is important to know about mental illness so you can get help early.

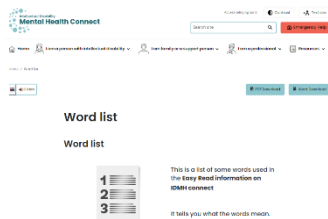


There are things you can do to have good mental health.





For more information on what you can do to have good mental health go to <https://www.idmhconnect.health/tips-good-mental-health/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>



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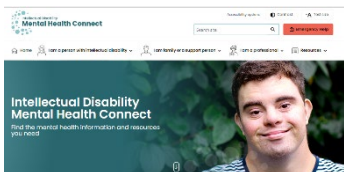
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The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

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)



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