

I cannot find support



This information is about what you could do if you cannot find support.

It has information on

Page



- Communicating with someone you trust about finding support for your mental health

3



- Seeing your GP to find support

5



- What you can do if a mental health service says they are not right for you

8



- What you can do if you would like support in other areas of your life

9

Communicating with someone you trust about finding support for your mental health



Finding help for your mental health can be hard.

But help is available.



Mental health is about

- How you think
- How you feel



To find support you can communicate with someone you trust about finding help for your mental health.



To **communicate** is how you understand and share your feelings or information.



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)**

Seeing your GP to find support



To find support you can see a GP.

A **GP** is the doctor that you see when you

- Are sick
- Need a health check



Your GP is usually the first health worker to see about your mental health.



Your GP can give you information on mental health workers.



Mental health workers are people who work to help you with your mental health.



Your GP may also write you a referral to go to a mental health worker.



A **referral** is when someone suggests you see a worker who can support you.



A mental health worker who is right for you might work

- With other people with intellectual disability
- Near where you live



Below are some ideas if your GP does not know of a mental health worker right for you.



You can ask your GP to try to find another mental health worker.



You can ask someone you trust if they know a mental health worker.



If you have an NDIS plan you can ask your support coordinator.

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

- Your care
- Other services you get



You can look for services online.

For more information about services and support for your mental health go to

<https://www.idmhconnect.health/mental-health-services-health-workers/ER>

What you can do if a mental health service says they are not right for you



Ask the mental health service to suggest another service that can meet your needs.



Ask your GP to suggest another service.

What you can do if you would like support in other areas of your life



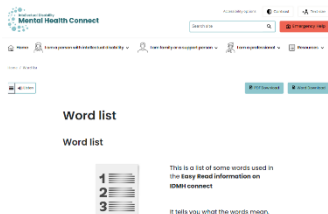
To get support in other areas of your life you can communicate with your NDIS Support Coordinator if you have an NDIS plan.

You can also look for supports and services online.



For more information about services and support for your mental health go to <https://idmhconnect.health/i-am-person-ID/services-mental-health/other-services>

There are some tricky words in this Easy Read sheet.



For more information about these words go to <https://www.idmhconnect.health/word-list>



Intellectual Disability

Mental Health Connect



Who wrote this Easy Read

Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.

Where these people work

Department of Developmental Disability
Neuropsychiatry UNSW Sydney.



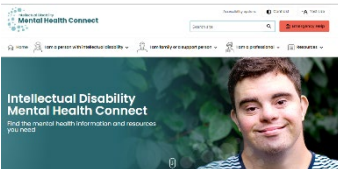
UNSW
Department of
Developmental
Disability
Neuropsychiatry

Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



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



© Department of Developmental Disability
Neuropsychiatry UNSW Sydney 25.02.2023 v2

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