

I need to get support again



This information is about when you might need to get support again and what you can do

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I need to get support again



You might have already got help for your mental health.



You then felt better.



You might be worried about your mental health again.



A lot of people need help more than once for their mental health.



That is OK.



Mental health can change over time.

You can get support again.

If you are in a crisis



A **crisis** is when you are in danger or are very upset.

If you are in a crisis you will need support.

 Emergency Help

For more information about a crisis, click
emergency help

[https://www.idmhconnect.health/
emergency-help/ER](https://www.idmhconnect.health/emergency-help/ER)

Look at your plan



If you had support for your mental health you might have a plan to help you stay well.



You might have made a plan when you

- Finished with your mental health worker
- Left hospital

Plans can have lots of different names.

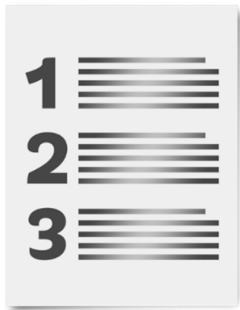
Your plan might be called a



- Transfer of care plan
- Discharge plan
- Recovery plan
- Care plan



Your plan might have information for what to do if you are worried about your mental health.



If you need support again you can follow the steps in your plan.

Communicate with someone you trust



If you need support you can communicate with someone you trust.

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 visit <https://www.idmhconnect.health/someone-trust>

See your GP or mental health worker



If you need support you can make an appointment with your

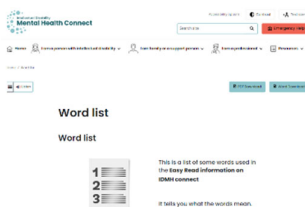
- GP
- Mental health worker



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

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

- Are sick
- Are sick
- Need a health check
- Need a health check



There are some tricky words in this Easy Read sheet.

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

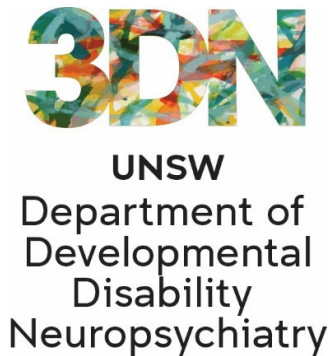


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For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



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



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