

Mental health organisations and online information



This information is about the people and services that can support the mental health of people with intellectual disability.

It has information on

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- Where you can get information and support

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- Mental health organisations

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There is a lot of information.

Some words can be hard to understand.



You can ask someone to read this information with you.

Where you can get information and support



There are mental health groups that support people with mental health problems.

They do this by providing

- Information
- Support



Mental health is about

- How you think
- How you feel



A mental health problem is when your feelings start to worry you.

Mental health organisations



Head to Health

Head to Health helps you find mental health information with their search tool.

Go to <https://www.headtohealth.gov.au/>



Healthdirect

Healthdirect provides information and advice on many health topics.

This includes mental health.

Go to <https://www.healthdirect.gov.au/>



The Black Dog Institute

The Black Dog Institute provides

- Mental health information
- Digital tools and apps to support your mental health

For more information about Black Dog Institute go to <https://www.blackdoginstitute.org.au/>



Healthy Mind is an online Easy Read tool for people with intellectual disability.

For more information about Healthy Mind go to <https://www.healthymind.org.au/>



The Black Dog Institute also provides clinical services.

For example services from psychologists and psychiatrists.

For more information on Black Dog Institutes clinical services go to <https://www.blackdoginstitute.org.au/education-services/>



A **psychologist** helps you with your mental health by talking with you.

Psychologists help you find things you can do to feel better.



A **psychiatrist** is a doctor who helps you with your mental health using talking and medicine.



The Black Dog Institute also provides peer support.

This includes support groups and stories of people who have lived with mental illness.



A **support group** is a small group of people you meet with to communicate about mental health.

For more information about Black Dog Institutes support groups go to

<https://www.blackdoginstitute.org.au/resources-support/support-groups/>



Mental illness is when your feelings and thoughts make it hard to do things.

For stories of people who have lived with mental illness go to

<https://www.blackdoginstitute.org.au/resources-support/personal-stories/>

Beyond Blue

Beyond Blue provides

- Information about mental health and illness

For more information about Beyond Blue go to

<https://www.beyondblue.org.au/>

- Counselling support

For more information about Beyond Blues counselling support go to

<https://www.beyondblue.org.au/get-support/get-immediate-support>





Counselling is when you chat with mental health workers about

- Issues in your life
- Ways you can fix these issues



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



Beyond Blue also provides peer support forums.

For more information about Beyond Blues peer support forums go to

<https://www.beyondblue.org.au/get-support/online-forums>

headspace

headspace provides support for young people aged 12 to 25 years.



headspace provides mental health support

- Online
- On the phone

For more information about headspaces mental health supports go to

<https://headspace.org.au/online-and-phone-support/>

headspace also provides work and study support



For more information about headspaces work and study support go to

<https://headspace.org.au/services/work-and-study-support/>



For more information about headspace go to
<https://headspace.org.au/>



SANE Australia

SANE Australia provides

- Information about mental health

For more information about SANE Australia go to <https://www.sane.org/>



- Peer support workers
- Peer support group chats and forums

Peer support helps you connect with other people living with mental illness.

For more information about SANE Australias peer support go to

<https://www.sane.org/peer-support>



A **peer support worker** is someone who has a lived experience of mental health problems, disability or both.

Peer workers use their own life experiences to help others.

SANE Australia also provides



- Counselling support

For more information about SANE Australia's counselling support go to

- <https://www.sane.org/get-support/drop-in-service>
- <https://www.sane.org/referral>

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.



SANE Australia also provides advocacy.

For more information about SANE Australias advocacy go to

<https://www.sane.org/advocacy>



Advocacy is having your voice heard so your rights and needs are met.

You can have needs in many areas of your life.



Rights are rules about how everybody should be treated fairly.

A right is something everyone has.

Way Ahead



Way Ahead provides

- Support over the phone

For more information about Way Aheads telephone support lines go to

<https://wayahead.org.au/telephone-support-lines/>



- Peer support including anxiety support groups

For more information about Way Aheads anxiety support groups go to

<http://understandinganxiety.wayahead.org.au/support-groups/>



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

Way Ahead also provides

- Forums for people living with mental illness and carers to connect with other people



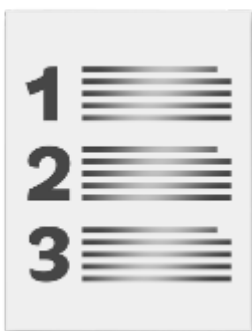
For more information about Way Aheads forums for people living with mental illness go to <https://wayahead.saneforums.org/t5/Lived-Experience-Forum/ct-p/lived-experience-forum>

Way Ahead also provides Mental health information sessions



For more information about Way Aheads mental health information sessions go to <http://understandinganxiety.wayahead.org.au/small-steps/>

- A list of NSW community and mental health services



To see Way Aheads list of NSW community and mental health services go to <https://directory.wayahead.org.au/>

For more information about Way Ahead go to <https://wayahead.org.au/>





One Door

One Door provides mental health services across NSW to support people recovering from mental health problems.

If you have an NDIS plan you may be able to get support with One Door.

For more information go to

<https://www.onedoor.org.au/>



NDIS is short for National Disability Insurance Scheme.

Your **NDIS plan** says what supports you need.

Open Minds

Open Minds provides mental health and disability support services.

For example counselling support.

For more information about Open Minds go to

[https://www.openminds.org.au/
services](https://www.openminds.org.au/services)



GROW



GROW has mental health programs that provide peer support.

For more information about GROW go to

<https://grow.org.au/>

BEING



BEING provides

- Advocacy

For more information about BEING go to

<https://being.org.au/>

BEING also provides a network of peer workers



For more information about BEINGs network of peer workers go to

<https://being.org.au/peer-workforce-network/>



BEING also provides a suicide support program.

Suicide is when you kill yourself on purpose because you are finding life too difficult.

If you want to kill yourself call **000** now to talk to someone who can help you.



The program can also help you to learn more about suicide.

For more information about the program go to

<https://being.org.au/suicide-support-awareness-program/>

Neami National

Neami National provides



- Community mental health support

For more information on Neami National's community mental health support go to <https://www.neaminational.org.au/our-services/community-based-mental-health/>



- Mental health support at your home

For more information about Neami National's mental health support at your home go to <https://www.neaminational.org.au/our-services/residential-mental-health/>



- Housing support

For more information about Neami National's housing support go to <https://www.neaminational.org.au/our-services/housing-and-homelessness/>

Neami National also provides



- Suicide prevention services

Prevention means to stop something from happening.

For more information about Neami National's suicide prevention services go to

<https://www.neaminational.org.au/our-services/suicide-prevention/>

- Services with a mental health worker



For more information about Neami National's services with a mental health worker go to

<https://www.neaminational.org.au/our-services/clinical-support-services/>

- Short term support right away



For more information about Neami National's short term support go to

<https://www.neaminational.org.au/our-services/head-to-health/>



For more information about Neami National go to **<https://www.neaminational.org.au/>**

Embrace Multicultural Mental Health



Embrace Multicultural Mental Health provides support for people from different cultures

- Information about mental health in many languages
- Stories of people who have lived with mental illness

For more information about stories of people who have lived with mental illness go to <https://www.embracementalhealth.org.au/community/personal-stories>



For more information about Embrace Multicultural Mental Health go to <https://www.embracementalhealth.org.au/>



There are some tricky words in this Easy Read sheet.

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



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.

Also known as 3DN.

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

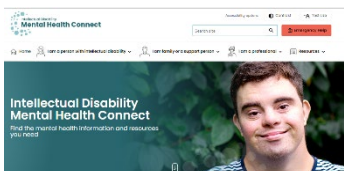


UNSW

Department of
Developmental
Disability
Neuropsychiatry



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.

