

Types of health workers



This information is about the people who can support the mental health of people with intellectual disability.

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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.

Health workers who can support you



There are many health workers who can support you.

Health workers can sometimes be called health professionals.



For information about health workers who can help you with your mental health go to

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



Mental health is about

- How you think

How you feel



If you need support to find a health worker you can ask someone you trust.

There are many people you might trust.

For more information about who you might trust go to

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

Speech pathologist



Speech pathologists support people who have problems with communication.

Speech pathologists are also known as speech therapists.

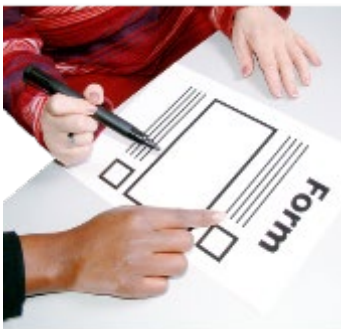


To **communicate** is how you understand and share your feelings or information.



Communication includes

- Reading



- Writing



- Talking



- Signing



Communication also includes using assistive technology.

Assistive technology is physical supports or equipment to support you to do something more easily.



Speech pathologists can support you to

- Speak
- Understand language



- Read



- Write



Speech pathologists can also support you to

- Improve your social skills

Social skills are the skills you use to communicate with other people.



Improving your communication and social skills can support you to have good mental health.

For more information about speech pathologists



- Go to <https://www.healthdirect.gov.au/speech-pathology>
- Go to <https://www.speechpathologyaustralia.org.au/>

To find a speech pathologist



- Go to https://www.speechpathologyaustralia.org.au/Public/Shared_Content/Smart-Suite/Smart-Maps/Public/Find-a-Speech-Pathologist.aspx

Exercise physiologist



Your health and fitness are important for good mental health.

An **exercise physiologist** supports you with your health and fitness using exercise.



Exercise physiologists know a lot about what types of exercise can support a person best.



An exercise physiologist can also support you with

- Exercises to get better after you have been sick
- Health problems

For more information about exercise physiologists



- Go to <https://ahpa.com.au/allied-health-professions/exercise-physiology/>



To find an exercise physiologist

- Go to **<https://www.essa.org.au/find-aep/>**
- Go to **<https://www.healthshare.com.au/directory/find-a-exercise-physiologist/>**

Dietitian



A **dietitian** supports you to choose the best foods to eat so you can be healthy.

They can help to treat medical conditions.

A dietitian can



- Let you know the best foods for you to eat
- Support you to manage any medical conditions by suggesting the best food to eat



For more information about dietitians go to

**[https://dietitiansaustralia.org.au/
what-dietitians-do/](https://dietitiansaustralia.org.au/what-dietitians-do/)**



To find a dietitian

- Go to **<https://member.dietitiansaustralia.org.au/faapd>**
- Go to **<https://www.healthdirect.gov.au/australian-health-services>**

Nutritionist



A **nutritionist** supports people to choose the best foods for them so that they are healthy.

A nutritionist does not treat medical conditions like dieticians.



For more information about the difference between dieticians and nutritionists go to <https://dietitiansaustralia.org.au/what-dietitians-do/dietitian-or-nutritionist/>

To find a nutritionist



- Go to <https://www.nsa.asn.au/nsa-registration/find-a-registered-nutritionist/>
- Go to <https://www.healthshare.com.au/directory/find-a-nutritionist/>



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

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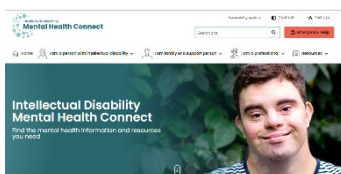
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Also known as 3DN.

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



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