

Someone you trust



There are many people you might trust.

Someone you trust might be your



- Family member

- Carer



- Disability worker

- Doctor like your GP



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

- Are sick
- Need a health check



- Friend



- Guardian

A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.



You might also trust

- An advocate

An **advocate** is someone who speaks up to get you the support you need.



- Care coordinator
- Support coordinator

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

- Your care
- Other services you get



Intellectual Disability

Mental Health Connect

Someone you trust

Authors

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

Department of Developmental Disability Neuropsychiatry,
Discipline of Psychiatry and Mental Health, Faculty of Medicine
& Health, UNSW Sydney

The Council for Intellectual Disability reviewed this Easy Read sheet.

The information in this Easy Read sheet is from the <https://idmhconnect.health/> website. The website has resources that support people with intellectual disability to get the right services and support for their mental health.

For information on how to support people to use Easy Read visit https://www.3dn.unsw.edu.au/professionals_toolkit

© Department of Developmental Disability Neuropsychiatry
UNSW Sydney 16.03.22 v1

No changes can be made without author consent.

