Supports for people living in rural and remote areas

Country areas are sometimes called **rural and remote areas.**

For more information about people living in rural and remote areas go to

https://www.idmhconnect.health/ people-living-rural-and-remote-areas/ ER

Below are services and supports for people who live in rural and remote communities.

There is a lot of information.

Some words can be hard to understand.

You can ask someone to read this information with you.

Specialist Intellectual Disability Health Teams have mental health workers who know how to work with people with intellectual disability.

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

The mental health workers can have appointments with you using teleconferencing.

Teleconferencing allows you to see and communicate with people online.

You can use programs like Zoom to teleconference.

The mental health workers may also come to your area.

Specialist Intellectual Disability Health Teams can give advice to your doctor or mental health worker.

For more information about specialist services go to **https://idmhconnect.health/mental-health-services-services/ER**

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**