

# Treatment



This information is about treatment for mental health.

It has information on



- Making a mental health care plan **2**



- What happens during your treatment **20**



- If you must go to hospital for your mental health **26**



- Where to get more information **30**

## Making a mental health care plan



After your assessment your mental health worker will discuss what could help you to feel better.



An **assessment** is when a mental health or disability worker asks you questions about you and your health.

They use this information to work out the best way to help you.



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

They may suggest treatments.



**Treatments** are things that can help you feel better.

Treatments can be therapies and medicines.



**Therapies** are activities your mental health workers use to support your mental health.

**Medicine** is sometimes called medication or drugs.



Medicine can be in

- A tablet
- A pill
- A drink
- An injection



Your mental health worker will discuss making a mental health care plan with you.



A **care plan** is a list of things you can do to help you get better.

A care plan is sometimes called a treatment plan.



The mental health worker can make your mental health care plan with you.



Someone you trust may work with the mental health worker to make the care plan.

There are many people you might trust.



For more information about who you might trust go to <https://www.idmhconnect.health/someone-trust>

## Treatments that are available



There are different treatments that can help improve mental health.

Talking therapy is one of the main treatments.



**Talking therapy** is when you communicate with a mental health worker to learn ways to cope with how you think or feel.



To **communicate** is how you share and receive information.



To **cope** means you can deal with difficult things.



Psychologists or counsellors usually use talking therapies to help you.



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

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



Psychologists do not give you medicine.



A **counsellor** is a health worker.

You can communicate with them about problems in your life.



You can see a counsellor if

- Stressful things happen in your life

Or

- You are worried about the future



**Cognitive Behavioural Therapy** is a common talking therapy.

Cognitive Behavioural Therapy is called CBT for short.



CBT can help you change

- How you think
- What you can do to have more positive feelings



For more information about CBT go to

**<https://www.healthdirect.gov.au/cognitive-behaviour-therapy-cbt>**



Mindfulness is another common type of talking therapy.

Mindfulness helps you to focus on what is happening now to calm your mind.



For more information about Mindfulness go to <https://www.healthdirect.gov.au/mindfulness>



Medicine is the other main type of treatment.



Doctors let people know which medicine to take to help make them better.

Your doctor may give you a new medicine to take.



If you already take medicine your doctor may change the amount you take.





Your doctor may also tell you to stop taking some medicines.



It is important to keep taking your medicines until your doctor tells you to stop even if you start to feel better.

Your GP or a psychiatrist may manage your medicine.



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

- Are sick
- Need a health check



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



Other things can help mental health such as going to a mental health support group.

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



People usually discuss

- How they feel
- Things that make them feel better

For more information about organisations that run support groups



- Go to <https://www.idmhconnect.health/mental-health-services-organisations-and-online-information/ER>



- Ask your GP or mental health worker about support groups in your local area



Other things can help mental health such as having a healthy lifestyle.



For information on other things that can help you to have good mental health go to <https://www.idmhconnect.health/tips-good-mental-health/ER>

## Choosing treatments and consent



You may have more than 1 treatment.



Mental health workers will discuss what treatment is best for you.



Mental health workers will also help you to choose what treatment you want.



Mental health workers will generally ask you if it is OK before they start any treatment.

This is called asking for consent.



**Consent** is when you give permission or agree that something is OK.



Mental health workers will go through

- What the treatments will involve



- If the treatments could harm you in any way



- How the treatments may help you



- How long the treatments may take



- If you have to pay any money for the treatment



Sometimes a person responsible needs to make a decision about what treatment is best for you.

A person responsible might be



- A guardian

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



- Partner

A **partner** is a person you have a relationship with.



A **relationship** is a type of connection you have with people you enjoy spending time with.



A person responsible might also be a

- Carer



- Family member or friend



Some treatments can be done at home.



For some treatments you may need to go to hospital.



If you need to stay in hospital for your mental health you may be

- A voluntary patient
- An involuntary patient



You are a **voluntary patient** if you decide to go to hospital for mental health treatment.



If you are a voluntary patient you or your guardian can

- Choose what type of treatment you want
- Ask to have a different treatment
- Ask to stop treatment





For more information about

- Being a voluntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_MHA\\_Voluntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Voluntary_ERv1.pdf)
- Your rights as a voluntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_Rights\\_Voluntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Voluntary_ERv1.pdf)



If you are an **involuntary patient** you must stay in hospital for mental health treatment until you are well enough to go home.

It is not your choice when you can leave.



If you are an involuntary patient you can be given treatment even if you do not want it.

For more information about



- Being an involuntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_MHA\\_Involuntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Involuntary_ERv1.pdf)
- Your rights as an involuntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_Rights\\_Involuntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Involuntary_ERv1.pdf)



### **How to know what will work best for you**

Discuss with your GP or mental health worker about what treatment may work best for you.



Ask someone you trust what they think.



You may have tried a certain treatment before.

Try to remember if it helped you or not.



Sometimes you will not know how a treatment will work for you until you try it.



It is OK to try a treatment for a while.



If it is not working you can ask your GP or mental health workers to try something else.

## What happens during your treatment



During your treatment you will visit your mental health workers and GP regularly.



### Talking therapy

**Talking therapy** is when you communicate with a mental health worker to learn ways to cope with how you think or feel.



If you are having talking therapy your mental health worker may ask you to practise skills you learn at home.



For example they may give you sheets to fill in at home to note down the feelings you have during the week.



## Medicine

If you are taking medicine your GP or psychiatrist may want to see you every few months.



If you are taking medicine it can help to note down if you have any side effects.



A **side effect** is an unpleasant effect of medicine on your body or thinking.

A side effect can make you feel unwell.

Some medicines can give you side effects.



You can use a diary to note down any side effects you have from your medicines.

You can ask someone you trust to support you to use your diary.



You can use IDMH Connects Medication Side Effects Diary to note down any side effects.

For more information go to

**<https://www.idmhconnect.health/medication-side-effects-diary>**



You can show this diary to your doctor.

Your doctor can help you if you have side effects.



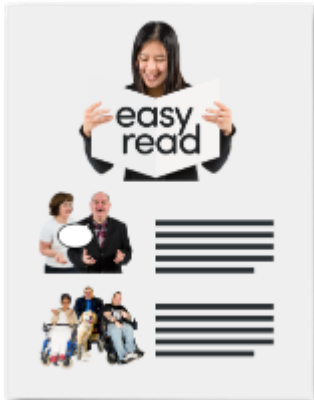
Your doctor can let you know what medications you take and what side effects you may have.



The Council for Intellectual Disability has a factsheet on taking medicines.

For more information go to

**<https://cid.org.au/resource/me-and-my-medication-guide/>**



There are also lots of factsheets on different medicines.

You may like to ask someone you trust to look at the factsheets with you.

For more information about different medicines go to <https://www.birmingham.ac.uk/research/activity/ld-medication-guide/downloads/medicine-information.aspx>

## Support



You can ask someone you trust for support during treatment.



They can speak to your mental health workers about how they can help you if you want.



It is OK if you do not want them to speak to your mental health workers.





## Diary

You could keep a diary about

- What has helped you
- What has not worked



This can help to plan your care in the future.

You can also use IDMH Connects My Health Passport to note down treatments you have had before.



For more information go to

**[https://www.idmhconnect.health/  
my-mental-health-passport](https://www.idmhconnect.health/my-mental-health-passport)**

## If you must go to hospital for your mental health



If you are very mentally unwell you may have to stay in a hospital.



You are **very mentally unwell** when you cannot cope with your feelings and thoughts.



Hospital mental health workers can

- Help you to communicate how you feel



- Suggest other treatments like medicine that may help you



You may feel scared if you have to stay in hospital.

This is very normal.



But there are people who can support you.

### Hospital staff



In hospital you can ask to communicate with someone if you are worried or scared.

This could be a

- Nurse
  
- Social worker



A **social worker** is a mental health worker who helps you find the support you need to stay well.



This could also be a

- Psychologist



- Counsellor



If someone else on the ward is worrying you then you can tell hospital staff.

They can help you.



### **Official Visitor**

You can ask to communicate with an Official Visitor in the hospital.



**Official Visitors** make sure people who are getting mental health care are treated well.

Official Visitors do not work for the hospital.



You may want to communicate with an Official Visitor if



- You have an idea for how the hospital can treat you better



- You want to make a complaint.

A **complaint** is when you tell someone you are not happy with something.

## Where to get more information



Below is a list of information to support your mental health treatment.



For more information about

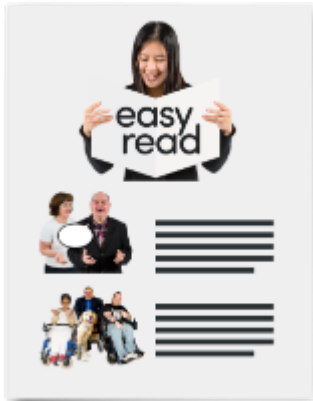
- Cognitive behavioural therapy go to **<https://www.healthdirect.gov.au/cognitive-behaviour-therapy-cbt>**
- Mindfulness go to **<https://www.healthdirect.gov.au/mindfulness>**

The Council for Intellectual Disability has a factsheet on taking medicines.



For more information go to **<https://cid.org.au/resource/me-and-my-medication-guide/>**

There are also lots of factsheets on different medicines.



You may like to ask someone you trust to look at these with you.

For more information about different medicines go to <https://www.birmingham.ac.uk/research/activity/ld-medication-guide/downloads/medicine-information.aspx>



The Home Medicines Review factsheet lets you know how you can get advice on the medicines you take.

This factsheet helps you check you are not taking too much medicine.

For more information go to [https://www.countrysaphn.com.au/wp-content/uploads/2022/10/Medicines-Review\\_Easy-Read\\_FINAL.pdf](https://www.countrysaphn.com.au/wp-content/uploads/2022/10/Medicines-Review_Easy-Read_FINAL.pdf)



For more information about

- Being a voluntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_MHA\\_Voluntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Voluntary_ERv1.pdf)
- Your rights as a voluntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_Rights\\_Voluntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Voluntary_ERv1.pdf)

For more information about



- Being an involuntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_MHA\\_Involuntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_Involuntary_ERv1.pdf)
- Your rights as an involuntary patient go to [https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_Rights\\_Involuntary\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Rights_Involuntary_ERv1.pdf)



For more information on getting help in other areas of your life go to



- The Disability Gateway  
**<https://www.disabilitygateway.gov.au/>**
- NDIS website **<https://www.ndis.gov.au/>**
- Services and supports  
**<https://www.idmhconnect.health/other-services-types-health-workers/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>**



## Who wrote this Easy Read

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



**UNSW**  
Department of  
Developmental  
Disability  
Neuropsychiatry

## Where these people work

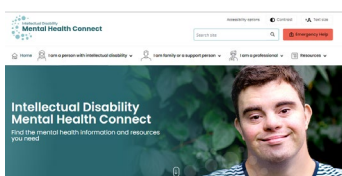
Department of Developmental Disability  
Neuropsychiatry UNSW Sydney.

Also known as 3DN.

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



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](https://www.3dn.unsw.edu.au/professionals_toolkit)

© Department of Developmental Disability  
Neuropsychiatry UNSW Sydney 27.01.2023 v2

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