

What is happening to me



This information is about how to know if you might have a mental health problem.

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How to know if you might have a mental health problem



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



It can be when you cannot control your feelings.

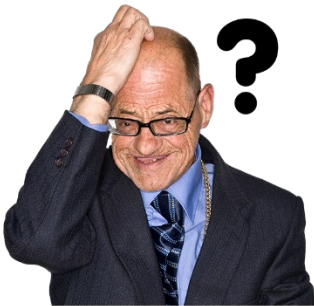
You might not be able to calm your feelings to think clearly.



You might feel different to the way you usually do.



You might feel very sad.



You might not know why you feel sad.



You might not want to do things you like to do.

You might not want to see friends.



You might get very angry with people.



You might sleep

- More than you use to
- Less than you use to



You might eat

- More than you use to
- Less than you use to



Someone close to you might see the changes.

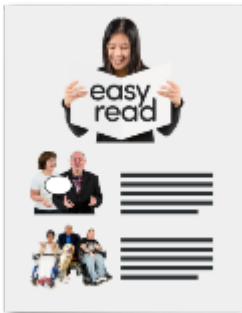
For more information about who this might be go to

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



For more information on mental health and your feelings go to

<https://www.idmhconnect.health/about-mental-health-and-id/ER>



For more information about how to know if you might have a mental health problem look at the Council for Intellectual Disability's Mental Health Guide **<https://cid.org.au/resource/mental-health-guide>**

Why I might be feeling different



There are lots of reasons why you could have a mental health problem.

You could be very worried.



You might be worried about things like fighting with

- Friends
- Family



You could have a mental health problem because you have had trauma in your past.



Trauma is when something has happened to you that made you very frightened or very upset.



It could be because you have had something bad happen to you like bullying.

Bullying is when someone or a group of people are mean to you on purpose.

This could be more than one time.



You could have a mental health problem because of other stress.



You might have a mental health problem if you have been sick.



You could have a mental health problem because someone in your family has

- A mental health problem
- Had a mental health problem in the past



Sometimes we do not know why mental health problems start.



Mental health problems are very common.

They can happen to anyone.



You can get help if you are worried about your mental health.



For more information about when to get help for your mental health go to

<https://www.idmhconnect.health/when-get-help/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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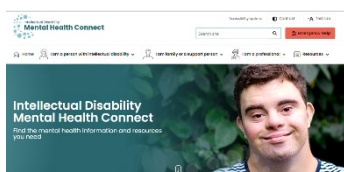


Also known as 3DN.

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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Neuropsychiatry UNSW Sydney 27.01.2023 v2

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