

When to get help for your mental health



This information is about when to get help for your mental health.

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Feelings that we all have



Feelings can make you feel different things.



Everyone has feelings that make them feel bad.



You can be

- Upset



- Sad

- Worried



- Angry



It is OK to feel bad sometimes.

Feelings that make us feel bad usually go away.



If you have feelings that make you feel bad for a short time it does not mean you 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.

When to get help



Sometimes it can be hard to know if you need to get help for your mental health.

Below are some examples of when it is important to get help.



You can use the information here to help you to decide when to get help.



Crisis

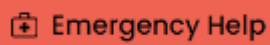
It is important to get help when you are in a crisis.

A **crisis** is when you are in danger or are very upset.

You are in **danger** if you could be hurt or injured.



It is important to get help if you have thoughts of harming yourself or others.

 Emergency Help

For more information about a crisis click emergency help

<https://www.idmhconnect.health/emergency-help/ER>



You can get help to find out ways to have good mental health.



You can also get help if you are worried you might have a mental health problem.



Stressful things

You should get help if stressful things have been happening in your life.



It can be stressful when things in life change.

Other things that are stressful can be



- Problems at home
- Problems at your disability service
- Experiencing bullying
- Problems with friends



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

This could be more than one time.



Worries about the future

It is good to get support if you cannot stop worrying about your future.



You might not want to communicate with anyone yet.

That is OK.



If you decide that you would like to get help for your mental health you can search for support.



For more information on services and supports for your mental health go to

<https://www.idmhconnect.health/where-start-get-help/ER>



Emergency help card

An Emergency help card can keep you and others safe in a crisis.

An Emergency help card can support you and others to

- Know what to do in a crisis
- Know who to contact in a crisis
- Call phone lines that can support you in a crisis

Mental Health Connect

If you are very upset and need to speak to someone now

Lifeline 13 11 14
 NSW Mental Health Line 1800 011 511
 Suicide Call Back Service 1300 659 467
 MensLine Australia 1300 78 99 78
 Beyond Blue 1300 22 4636

Hearing impaired? Use National Relay Service. Call 1300 555 727
 No or little English? Ask for an interpreter who speaks your language

If you or someone else is in danger and need help now

Call 000 or go to an emergency department
 Hearing impaired? Use National Relay Service. Call 106
 No or little English? Ask for an interpreter who speaks your language

Emergency contact. For example a guardian, parent, doctor.

Name _____
 Number _____
 Relationship _____

Hearing impaired? Use National Relay Service. Call 1300 555 727
 No or little English? Ask for an interpreter who speaks your language

Lifeline 13 11 14
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You can use the Emergency help card template below to make an Emergency Card that is right for you.



For more information about the Emergency help card go to <https://idmhconnect.health/emergency-help-template/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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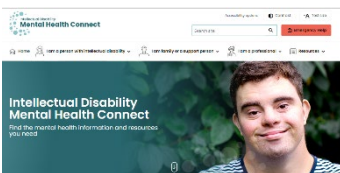
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For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



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



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