

Working together with my mental health team



The **Working together with my mental health team planning sheet** is an Easy Read sheet.

This sheet can help you and your mental health team work together to support your mental health.

The information below shows you how to use it.



A **mental health team** is a group of people who support your mental health care.



Mental health is about

- How you think
- How you feel



Your mental health team can include your



- Carer
- Family member



- Guardian

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



- Doctor



Someone you trust might also be your

- Mental health workers

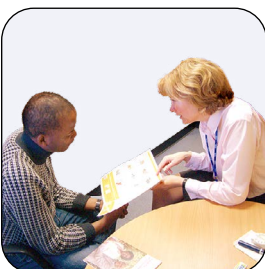
Mental health workers are people who work to help you with your mental health.



- Disability workers



Your mental health team might work together to support your mental health.



To work together your team might

- Discuss what mental health care is best for you



- Make a care plan together to support you to have good mental health

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.



- Share information about you with other health workers to help you

If it is OK with you.



- Meet with you to see how you are going



Some people with intellectual disability communicate with us that their teams do not work well together.

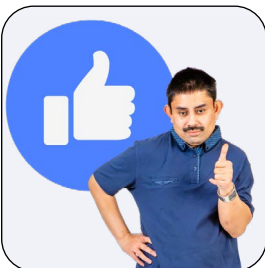


You might want your team to work together more closely to support your mental health.



You might want to ask your team some questions about how they work together.

You might want to ask how your team can work more closely together to support you.



It is OK if you do not want to ask questions.

You might be happy with how your team works together now.



The planning sheet below has some questions you could ask someone on your team.

This might help your team to work more closely together.



Your GP would be a good person to ask.

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

- Are sick
- Need a health check



You can print your **Working together with my mental health team planning sheet** and write on it.



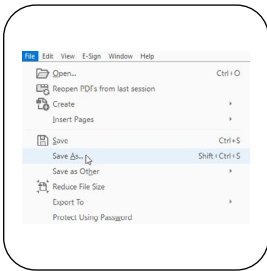
Or you can fill in your **My Mental Health Passport** on the computer.



This is a PDF file. You can view it using Adobe Reader (version 8 or later).

You can download Adobe Reader at <https://get.adobe.com/uk/reader/>

Adobe Reader is a program that lets you view PDF files.



If you fill this out on a computer, to save this form choose File > Save As and rename the file.



You or someone else can write notes in the boxes.



You can ask someone you trust from your team to help you contact other members of your team if you want.



For more information about working together with your mental health team visit <https://idmhconnect.health/working-your-team/ER>

Working together with my mental health team – Planning Sheet

Questions you can ask your mental health care team about working together



What does my mental health team do now to work together?



Can my mental health team work together more closely to help me?

Yes No

Tip - on a computer click the box to add a tick.

If yes. How could my team do that?



Can my team share information about me with other members of my team? So I do not have to repeat it.

Yes No

If yes. How my team will share information about me.



Can my team make one care plan so all the information about my care is together?

Yes

No

If yes. Who will be in charge of making the care plan?



Can my team keep in contact about my care more often?

For example can they

- Email each other
- Meet in person
- Teleconference



Teleconferencing allows you to see and communicate with people online.

You can use programs like Zoom to teleconference.

You may also hear people call this telehealth.

How my team will keep in contact.

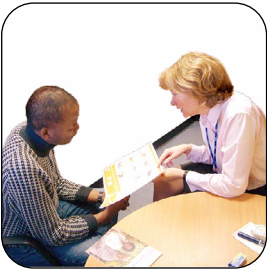
If my team will meet about my care



How often will my team meet about my care?



Who will make the time for when the team will meet?



How can I be included in discussions and decisions about my mental health care?

e.g. I can come to the meetings. Or my GP can talk with me about my care before and after the meetings. They can share my ideas with the team.



How can someone who is not in my team but supports me be included in meetings?

e.g. My friend can come to the meetings. Or share their ideas with the team before the meeting.



Can I come to the meetings?

Yes

No

If yes. What do I need to bring to the meetings?

e.g. A list of any side effects.

A **side effect** is an unpleasant effect of medication on your body. Side effects can make you feel unwell.



If no. How will the team tell me what they talked about if I am not at the meetings?

Other questions



If you think of other questions you or someone else can write them here.

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Description of resource

Working together with my mental health team – Planning 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.

The Council for Intellectual Disability reviewed this Easy Read sheet.



This is a PDF Form. Fill it out using Adobe Reader (version 8 or later) which you can download at <https://get.adobe.com/uk/reader/>

