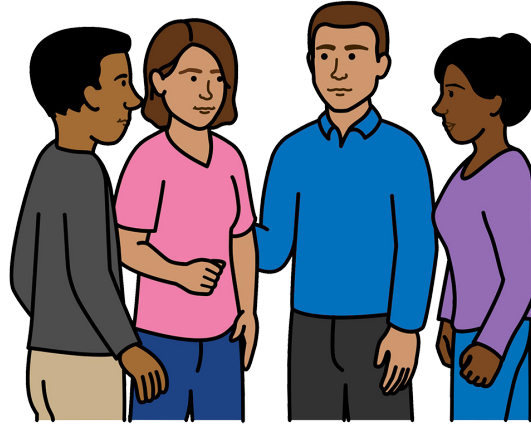




**ACT**  
Government  
Health



# Better mental health and wellbeing for people with intellectual disability

ACT Health Directorate



Easy English

## Blue words



Some words in this book are **blue**.

We write what the blue words mean.

## Help with this book



You can get someone to help you

- understand this book
  
- find more information.

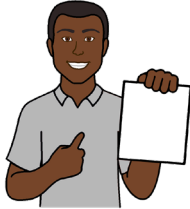


Contact information is at the end of this book.



## About this book

This book is from the ACT Health Directorate.



The information in this book is from our **position statement**.



A position statement is a document that tells you

- what we think about something

and



- how we think we can make things better.

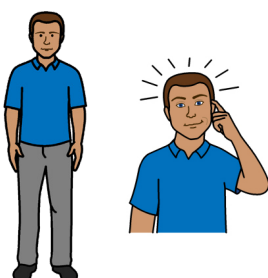


This book is about how we want to

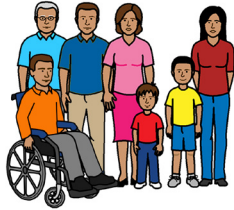
- have better mental health services for people with intellectual disability



- improve the **wellbeing** of people with intellectual disability.



Wellbeing means how you feel in your body and mind.



We want people with intellectual disability to

- have a good life with family and friends



- do things they enjoy



- be part of the community.

## How did we make this plan?



We talked to

- people with intellectual disability
- people who work in mental health services
- families and carers of people with intellectual disability.



We looked at **research** about mental health and people with intellectual disability.

Research means you look for information to learn more about something.



We looked at how other services support people with intellectual disability who have mental health needs.

## Why do people with intellectual disability need better mental health services?

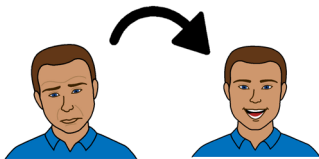


A lot of people with intellectual disability have **mental illness**.



Mental illness is a health problem that can change the way you

- think



- feel



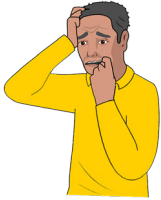
- act.



Some mental illnesses are easy to treat.



Some mental illnesses are more serious and need lots of support.



Mental illnesses include

- anxiety

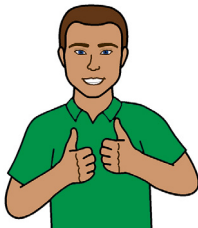


- depression



- **schizophrenia.**

Schizophrenia is a mental illness that can make it hard to know what is real.



With the right help people with mental illness can feel better and live a good life.



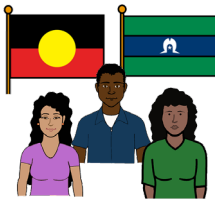
Some mental health services might **not** understand the needs of people with intellectual disability.



Some disability services might **not** understand mental health needs of people with intellectual disability.



People with intellectual disability might **not** be able to find the right mental health information.



Mental health services might **not** be able to support specific cultural backgrounds, for example

- Aboriginal people

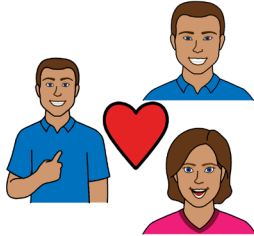
and

- Torres Strait Islander people.



Other things that can make it hard for people with intellectual disability to get mental health help include

- the language a person speaks



- a person's **sexuality**

- a person's **gender**.

Sexuality means who a person is attracted to.



Gender means if you are

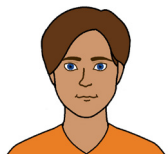
- a man



- a woman



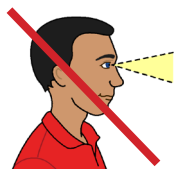
- both a man and a woman



- **not** a man or a woman.



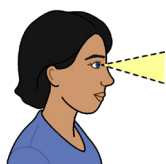
People with intellectual disability might also find it hard to get mental health help because of how they look.



For example

- people might **not** see the intellectual disability and treat a person with intellectual disability differently

or



- people **might** see **physical disability** and treat a person with intellectual disability differently.



Physical disability is when a person's body does not work in the usual way.

## How we want to make all our services better

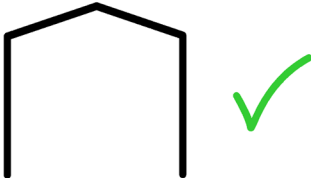


We want people with intellectual disability to get

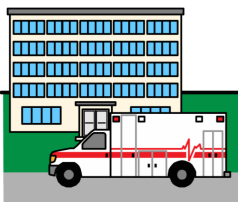
- the help they need for their mental health care



- the support they need for their disability.



We want to make sure our services are good for people with intellectual disability.



For example

- hospitals



- mental health services



- disability services like community programs.

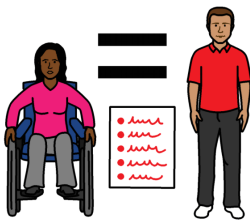


We want to make sure our mental health services are good for

- the families of people with intellectual disability



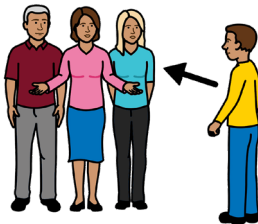
- the carers of people with intellectual disability.



We want to make sure our services are **inclusive**.

Inclusive means everyone

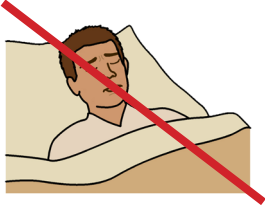
- is treated fairly



- can be a part of something



- feels important.



We want to **prevent** mental illness and **suicide**.

Prevent means we stop something before it starts.

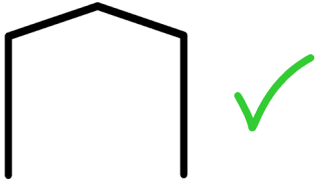


Suicide means a person ends their own life.



We want to help people with intellectual disability live a good life.

## What we want to do now



We will make sure our services meet the needs of people with intellectual disability.

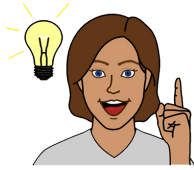


We will give support to other services to make them better.



For example, we will make sure hospitals are good for people with intellectual disability.

## What we want to do in the future



We will work on new ideas to make things better.



We will ask people with intellectual disability what they think about our services.



We want to do things to help people with intellectual disability get the best mental health support.

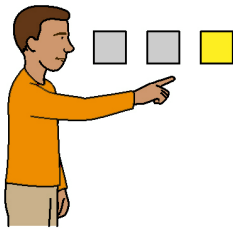


We will make sure our services are always getting better.

## Working together



We want different services to work together to help people with intellectual disability.



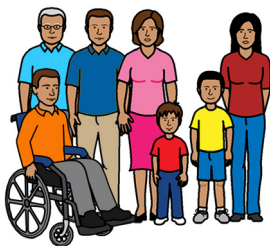
We want to make sure that people with intellectual disability

- choose what mental health services they can get

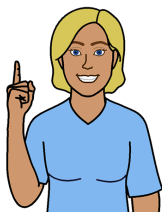


- help make their own **support plan**.

A support plan is a written plan that lists the support a person needs to reach their goals.



Families and carers will be included in support plans.



We **must** make sure that people with intellectual disability know about the services they can use.



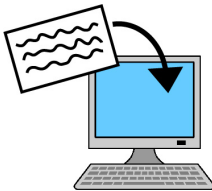
## More information

For more information contact the  
ACT Health Directorate.



Website

[act.gov.au/directorates-and-agencies/act-health](http://act.gov.au/directorates-and-agencies/act-health)



Email

mentalhealthsuicidepreventiondivision@act.  
gov.au

## If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

## If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website [accesshub.gov.au/nrs-helpdesk](https://accesshub.gov.au/nrs-helpdesk)



Call 1800 555 660



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