Gillian's story about mental health

When you have mental health conditions, life can be daunting. The things that helps me, and encourages me to get back my inspiration when depression hits. I use a toolkit to help me through it. By re engaging with inspiration of what my life is and what I want it to be – helps me fight the depression.

The toolkit I use , is a mental health crisis day plan plus my inspiration boards and resources that lift my spirits so I can get back to where I want to be.

Its best to start with what makes you get out of bed in the morning. Wake up at the same time of day – regardless how you feel.

Sleep is very important for mental health. Work on your mental health plan – it differs for everyone. But if you need help – places like Down Syndrome Australia, QLD Disability Network, the Centre of Intellectual Disability all have avenues to link in with mental health supports.

It is best to use professional help to get your own plan. But in the interim you can use a basic plan – of what makes you happy and when you are at your happiest.

Once you have done that – its just about getting the right support for you. And everyone is different of what that looks like.

A picture of Gillian wearing glasses looking at the camera.

Who is it for?

People with intellectual disability,

Family and carers,

Professionals

What is it about?

Mental health,
How to have a healthy lifestyle,
Health topics that matter to us

Who made it?

Gillian Gehrke

When was it made?

It was shared here 5 months ago.

This story was made by

Gillian Gehrke

Gillian is a member of the Our Health Space community.