A guide about mental health made for people with intellectual disability

About Easy Read

Easier words with pictures to help explain some ideas.

Mental Health Guide

Woman sat on lounge chair holding a mug, headphones on, eyes closed, looking calm.

This guide is about mental health for people with intellectual disability.

Mental health is about how you think and feel.

The guide explains

- what it is like when your mental health is not good
- what you can do to get help.

The guide says mental health problems can happen at different times in life.

It explains different mental health problems.

The guide says it is ok to ask for support.

It gives ideas about what you can do to feel better.

Mental health is about how you think and feel. This guide explains what it is like when your mental health is not good, and what you can do to get help.

The guide says that mental health problems can happen when you:

- are stressed
- have hard life challenges
- feel lonely
- have a family history of mental health problems
- have a lot of pain
- feel grief, like when you are sad because some one has died.

The guide explains different mental health problems.

The guide says that it is ok to ask for support, and has ideas about what you can do to feel better.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- Visit website