UNSW SYDNEY | SPRC Social Policy Research Centre

Making mental health services better

for people with intellectual disability

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Easy Read

This is an Easy Read of the report

Consultations to develop the Intellectual Disability Mental Health (IDMH) Strategy

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Report by Peri O’Shea and Erin Forrester

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About this report

We wanted to find out how we can make mental health services better for

- People with intellectual disability
- People with mental health issues

Mental health means how you think and feel.

Mental health services support you when your mental health is not good.

We talked to many people about how mental health services can be better.

We wrote a report about all the things they told us.

About the strategy

NSW Health is making a plan to make mental health services better for

- People with intellectual disability
- People with mental health issues

NSW Health is part of the NSW Government.

The plan is called the Intellectual Disability Mental Health Strategy.

We will say **strategy** for short**.**

NSW Health needs to know what people want in the strategy.

About the consultations

NSW Health asked **researchers** to help them find out what needs to be in the strategy.

Researchers are people who find things out.

The researchers who helped NSW Health are from the Social Policy Research Centre.

SPRC
Social Policy Research Centre

We are called **SPRC** for short.

We did lots of **consultations** with different people.

Consultations are when you talk to people to find out what they think.

The consultations were in 2022.

We talked to people with intellectual disability and mental health issues.

We talked to their families and carers.

We talked to people who work with people with intellectual disability.

We talked to people who work in mental health services.

We talked to people in government.

What people said about mental health services

People said that it can be hard for people with intellectual disability to use mental health services.

They said that it needs to be easier to get the service and support you need.

It needs to also be easier to understand information about the services.

Ideas people had to make services easy to use

Staff at mental health services must make sure people with intellectual disability feel

- Welcome
- Supported
- Safe

People with intellectual disability can choose how they want to use mental health services.

This could be

- At home
- In the park
- Online

There should be more information about how you can get mental health support.

This information should be in ways that everyone can understand like

Easy Read

- Easy Read
- Videos that people can watch
- Audio that people can listen to

Ideas people had to make services better

Staff should get training about how to work with people with intellectual disability.

Mental health services should be in places that make people with intellectual disability feel

- Safe
- Welcome.

Staff must make sure people with intellectual disability understand what is going on.

Staff must support people to make choices about their treatment.

Mental health services must make sure families and carers feel

- Welcome
- Listened to
- Supported
- Part of making decisions

More information

We have more information about this report and the consultation on our website.

To read it go here.