

INFORMED & EMPOWERED WORKSHOP SERIES

DISABILITY & MENTAL HEALTH



Let's discuss mental health and psychosocial disability, supports available, and the complexities that can arise when navigating the health and justice systems.



Thursday 6th June



11.30am - 3.30pm



**Forestville Community
Hall**

▶▶▶ ACTION
FOR PEOPLE WITH DISABILITY

Refreshments provided

What Is It? (please click the title to see the resource)	Summary	Author	Is this an Easy Read Resource?
<u>Mental Health Advocacy Service for Mental Health</u>	MHAS, part of Legal Aid NSW, offers free legal support regarding mental health and guardianship laws statewide	Legal Aid	NA
<u>Mental Health Carers NSW (advocacy service and resources)</u>	As the premier organization, MHCN collaborates with and serves mental health carers in NSW. It amplifies carers' voices and experiences to advocate effectively for systemic mental health reform.	Mental Health Carers NSW	NA
<u>Healthy Mind (tools for individuals and supports)</u>	Healthy Mind is an online tool designed in an Easy Read format to help cultivate positive mental health.	Healthy Mind	Yes
<u>Coping with Self-Harm A Guide for Parents and Carers</u>	This resource is designed to aid parents, carers, family, and friends in managing situations where a young individual engages in self-harm. It covers insights into self-harm, available support, and strategies for assisting self-harming young individuals.	Orygen	No

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<p><u>Mental Health Services Guide</u></p>	<p>Guide to Sydney North Health Network's Commissioned/ Mental Health Services</p>	<p>Sydney North Health Network</p>	<p>No</p>
<p><u>Head to Health quiz (mental health quiz)</u></p>	<p>Take the Head to Health quiz to understand what you're experiencing and what you can do about it. You'll need 5-10 minutes to answer a few questions and access information and services tailored to you.</p>	<p>Head to Health</p>	<p>No</p>
<p><u>Anxiety Self Test</u></p>	<p>This brief questionnaire will ask you about symptoms of anxiety and some other related issues</p>	<p>Black Dog Institute</p>	<p>No</p>

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<p style="text-align: center;"><u>Statewide Intellectual Disability Mental Health Outreach Service for Adults</u></p>	<p>SIDMHOS is a statewide service funded by NSW Health, aiding adults with intellectual or developmental disabilities in accessing suitable mental health care.</p>	<p style="text-align: center;">Health NSW</p>	<p style="text-align: center;">NA</p>
<p style="text-align: center;"><u>How to Relax</u></p>	<p>Headspace website offers guidance and resources on meditation and relaxation techniques like deep breathing, mindfulness, and body scans. These tools aim to reduce stress, enhance focus, and boost overall well-being through regular practice.</p>	<p style="text-align: center;">Head Space</p>	<p style="text-align: center;">No</p>
<p style="text-align: center;"><u>Helpful Tips for Riding out a Panic Attack</u></p>	<p>The article on Headspace provides guidance for managing panic attacks, emphasizing acceptance and riding through the experience rather than fighting it. It suggests practical steps like grounding techniques and focusing on breathing to help individuals navigate through panic episodes.</p>	<p style="text-align: center;">Head Space</p>	<p style="text-align: center;">No</p>

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<u>Head Space App</u>	<p>Headspace is a meditation and mindfulness app that offers guided sessions for managing stress, improving focus, and promoting overall well-being. While the app is free to download, it requires a paid subscription to access its full range of features and content.</p>	<p>Haed Space</p>	<p>NA</p>
<u>5 Tips for Getting Through the Emotional Sludge of Winter</u>	<p>The Headspace article offers advice for combating mid-winter blues, suggesting strategies like maintaining routines, staying active, and seeking social connections. It emphasizes self-compassion and mindfulness practices to help individuals navigate through the challenges of the season.</p>	<p>Head Space</p>	<p>No</p>
<u>Psychosocial Disability Support Services</u>	<p>AIHW offers insights into psychosocial disability support to inform policy and enhance services for affected individuals.</p>	<p>Australian Institute of Health and Welfare</p>	<p>NA</p>

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<p><u>Mental Health & the NDIS</u></p>	<p>The NDIS page delves into psychosocial disability and the NDIS's role in aiding those with mental health challenges. It covers eligibility criteria and available supports, such as help with daily tasks and community engagement.</p>	<p>NDIS</p>	<p>No</p>
<p><u>NDIS Mental Health Access Information</u></p>	<p>The NDIS page explains psychosocial disability and how the NDIS supports individuals with mental health conditions. It outlines eligibility criteria and the types of support available, including assistance with daily activities and community participation.</p>	<p>NDIS</p>	<p>No</p>