



## INTELLECTUAL DISABILITY & MENTAL HEALTH

Are you a carer?

Would you like to gain knowledge, skills and confidence to support good mental health in someone with intellectual disability?

Free e-learning is now available for carers. Learn about

- Intellectual disability
- Mental health
- Mental illness and intellectual disability
- Detecting changes in mental health and wellbeing
- Signs and symptoms of different mental disorders

Visit [www.idhealtheducation.edu.au](http://www.idhealtheducation.edu.au) to start learning.