



This report is about what we found out from a research project.

The research was about better mental health services for people with intellectual disability.

What did we do?



We asked 8 people with intellectual disability about what happened when they saw a mental health worker.



We also asked if an expert mental health service could help people with intellectual disability.

What did people think of mental health services?



About half of the people we spoke to had seen a mental health worker.



Some had good experiences.

They said their mental health worker listened to them.

And helped them.



Some did not have good experiences.

They said their mental health worker did not know much about intellectual disability.

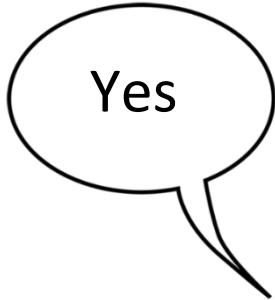
And did not know what services could help them.



They also said mental health workers used confusing words.

And did not explain what was happening to them.

Is an expert mental health team needed?



Everyone said that there should be an expert mental health team to help people with an intellectual disability.

What should the expert team do?



People said the expert team should speak to people with intellectual disability about their mental health.

And provide advice.

And discuss plans to help them.



The expert team should also speak to a person's GP or psychiatrist to give them advice on intellectual disability.



People said the expert team should also provide help to families and other people who support people with intellectual disability.

What should the expert team know?



People said the expert mental health team should know about a person's health.

And where they have got help from before.



They said they did not want to have to tell the expert team all this information again when they see them.



They also said the expert team should know a lot about intellectual disability.

And what medications are OK for people with intellectual disability.



People said they should know how to communicate with people with intellectual disability.

And how to explain things clearly.



They should also use Easy Read when giving information.

Where should the expert mental health team work?



Most people said in a hospital.



They also said the expert team should see people in their home or community centre.



Everyone said people should be able to see the expert team in person.



Or talk to them on the telephone.

What else should an expert mental health team do?



People said the expert team could help other health workers learn about intellectual disability.

Other health workers could be GPs, other doctors, or nurses.

What did we do with this information?



We told the New South Wales Government what we found.



They agreed to open a new expert mental health service for people with an intellectual disability.



The new expert mental health service will be in Sydney.

It will help people with intellectual disability and mental health problems.

It will open later this year.

What if I have questions about the research?



You can call Claire on:



(02) 9931 9160



Or you can email

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