



FREE E-LEARNING

FOR DISABILITY PROFESSIONALS

Want to know more about how you can help improve the mental health of people with an intellectual disability?

3DN at UNSW Australia, have developed a free e-learning resource to provide professionals in the disability sector with the skills and knowledge to provide mental health support.

To access this resource all you need to do is complete a quick registration on the site below and you can get started!

www.idhealtheducation.edu.au

E-LEARNING

FOR DISABILITY PROFESSIONALS

INTELLECTUAL DISABILITY MENTAL HEALTH

IDMH Introduction

- Module 1 Why is it Important to know about Mental Health?
- Module 2 Introduction to Mental Health
- Module 3 Mental Illness in Intellectual Disability

IDMH Practical Skills

- Module 4 A Person-Centred Approach
- Module 5 Recognising Common Mental Illness
- Module 6 How to Support a Person with a Possible Mental Illness and Intellectual Disability

IDMH Advanced Skills

- Module 8 Enhancing Interagency Working with Health Professionals
 - Module 9 Treatments and Supports for Mental Illness
 - Module 10 How to Support a Person in a Mental Health Crisis
 - Module 11 Supporting Carers, Colleagues and Self-Care
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