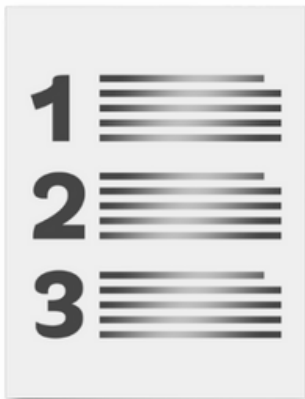


mental health wordlist



This is a list of some words used in the headspace's easy read information sheets.

It tells you what the words mean.



Care plan

A **care plan** is a list of things you can do to help you get better.

A care plan is sometimes called a treatment plan.



Case manager

A **case manager** is a health worker who helps plan and organise your care and other services you will get.



Complaint

A **complaint** is when you tell someone you are not happy with something.



Confidential

Confidential means information about you that people should not share with others.

Mental health care workers only share confidential information when

- you say it is OK or
- when there is a good reason or
- when the law says they must



Consent

Consent is when you give permission or agree something is OK.



Designated carer

A **designated carer** is a person who you have chosen to be told information about your mental health.

Designated carers are people who you know well.



Discharge plan

A **discharge plan** lists the treatment and support you will get when you go home.



General practitioner

Your **general practitioner** is your regular doctor.

General practitioners are also known as a GP.



Guardian

A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.



Health passport

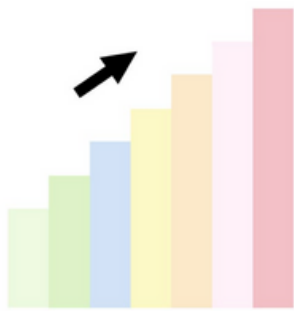
A **health passport** is a list of important information about you and your health.

Some people have a health passport to take to different appointments or hospital.



Illegal drugs

Illegal drugs are ones that the law does not allow you to have.



Level of care

Your **level of care** is worked out by mental health workers to know how often you should see them to feel better



Mental health

Mental health is about how you think and how you feel.



Mental health problem

A **mental health problem** is when feelings start to bother you.

A mental health problem can also be when you do not feel in control of your feelings.



Mental health worker

Mental health workers are people who work to help you with your mental health.



Mental illness

Mental illness is when your feelings and thoughts make it hard to cope.



Peer worker

A **peer worker** is someone who has a lived experience of mental health problems.

A peer worker can support you and help advocate for you.



Privacy

Privacy means other people cannot see or hear things about you that you do not want them to know.



Psychologist

A **psychologist** helps you with your mental health by talking with you.

Psychologists help you find things you can do to feel better.

Psychologists do not give you medication.



Recovery

Recovery means getting better so you can do the things you want to do.



Respect

Respect is showing care about who you are and what is important to you.



Responsibilities

Your **responsibilities** are what you need to do.



Talking therapy

Talking therapy is when you talk with a mental health worker to learn ways to cope with how you think or feel.



Treatment

Treatments are things that can help you feel better.



Treatment plan

A **treatment plan** is a list of things you can do to help you get better.

A treatment plan is sometimes called a care plan.



Voluntary

It's **voluntary** if you agree and choose to go for mental health support or treatment.

You have a choice to leave or not continue if you want.