

Intro to Mental Health: Plain English

- Different things around us can impact how we feel in our bodies and minds.
- We can develop illness in our mind just like we do in our bodies.
- Good mental health means being able to feel strong and positive even when life is difficult.
- Bad things happen and it's normal to feel sad, lonely, disappointed or confused. But sometimes these feelings come for no reason or don't get better over time and can start to make it hard to enjoy your life. When this happens, it is a good idea to talk to your doctor about how you are feeling.
- There are lots of different mental health issues that can affect how we think and feel.
- Mental health issues happen because of a combination of genetics and stressful experiences.
- Stress can happen at any point in a person's life and could be anything that causes strong fear or panic.

- People with disabilities are more likely to have mental health issues than the rest of the community.
- Common experiences for Deafblind people that impact mental health include: Can't communicate with family; bullying at school; feel disconnected from the world and people around you; not welcome in the Deaf community.
- It is very hard for Deafblind people to get support for their mental health. There are not enough CommGuides or interpreters and most psychologists/counsellors don't know about deafblindness.
- Impacts of mental health issues are different for everyone. Some people only experience this for a short time and for others it can last their whole life.
- Sometimes the feelings come and go, but for some people they are so strong they become like another disability and the person needs support to manage.
- It is possible for any person to develop a mental health issue at some point in their lives.