



Australian Government

Australian Institute of Health and Welfare

How people with disability use mental health services

What we found out

Easy Read version



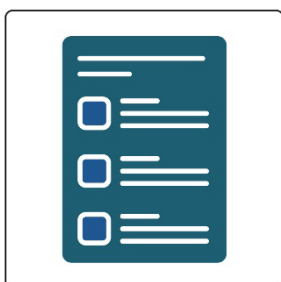
How to use this report



Stronger evidence,
better decisions,
improved health and welfare

We are the Australian Institute of Health and Welfare.

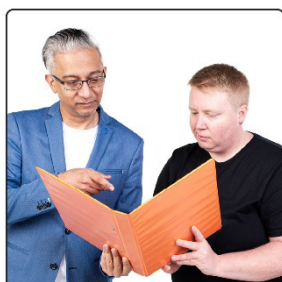
We wrote this report.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page [16](#).



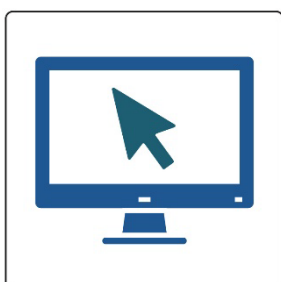
You can ask someone you trust for support to:

- read this report
- find more information.



This is an Easy Read summary of another report.

It only includes the most important ideas.



You can find the other report on our website.

[www.aihw.gov.au/reports/disability/
mental-health-service-use-disability](http://www.aihw.gov.au/reports/disability/mental-health-service-use-disability)



What's in this report?

About this report	4
What information we looked at	6
What we found out	8
What this could mean	9
Why this is important	10
What is not in our report	12
What happens next	15
Word list	16
Contact us	18

About this report



This report is about how people with disability use **mental health** services in hospitals.



Your mental health is about how you:

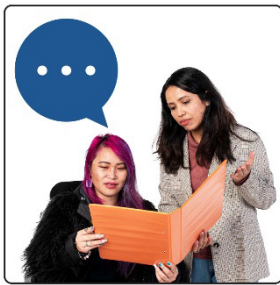
- think and feel
- deal with things in your life
- manage your feelings.



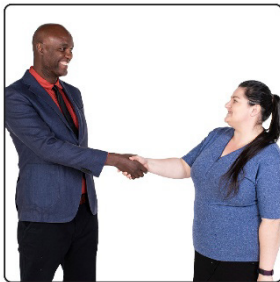
This report is only about people with disability who use government disability supports.



It is not about all people with disability.

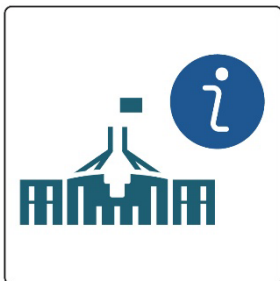


People with disability helped us decide what should be in this report.

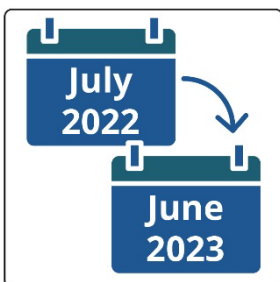


It is important to do research with people with disability.

Not just about them.



We used information from different parts of the government to write this report.



All the information is from:

- July 2022
- to
- June 2023.

What information we looked at



This report looks at information about 2 groups of people.



The first group is people who use government disability supports.



This includes the **National Disability Insurance Scheme (NDIS)**.

The NDIS provides services and support to people with disability.



It also includes the **Disability Support Pension (DSP)**.

The DSP is money the government uses to support people with a disability that affects how much they can work.



This also includes other government disability supports.

For example, support from a paid carer from a government support service.



The second group is people who don't use government disability supports.

This group includes people:



- with disability

and



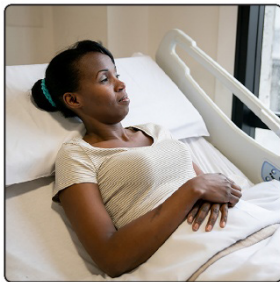
- without disability.

What we found out



People who use government disability supports went to hospitals for mental health care a lot more than other people.

This includes:



- staying in hospital for mental health care.



- going to **emergency departments** for mental health care.



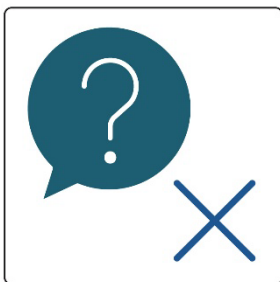
The emergency department is a part of a hospital for when you need healthcare quickly.

For example, if you are injured or very unwell.

What this could mean



This research only tells us that some people go to hospital for mental health care more than others.



It doesn't tell us why.



The research could mean there isn't enough mental health support for people with disability.



The research might also mean that people who use the NDIS and DSP need:

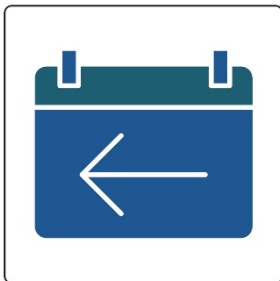
- support that better meets their needs
- a better plan to support their mental health.

Why this is important

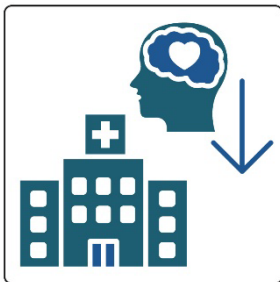
People with disability might have better mental health if:



- it's easier to find and use mental health supports



- they can get mental health support earlier in their lives.

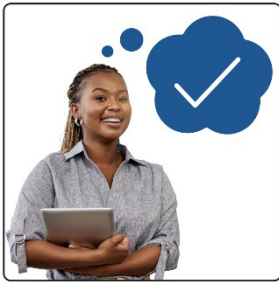


This might help people need less mental health care from hospitals.



This research might also mean disability supports, government payments and mental health services need to work better together.

People need mental health care that:



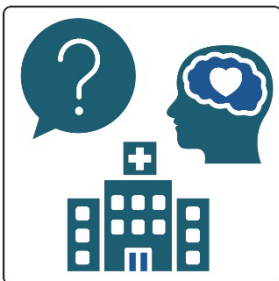
- understands disability



- meets the different needs of people with disability



- is easy for people with disability to find and use.



We need to do more research about why some people go to hospital for mental health care more.

What is not in our report



Our report is only about people who use government disability supports.



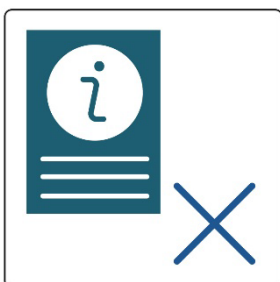
About 1 in 4 people in Australia with disability use government disability supports.



The report doesn't tell us what type of disability people have.



Some people are less likely to use government disability supports.



This means our report might not have information about them.

This includes:



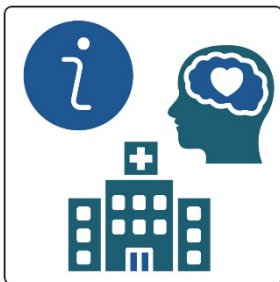
- women



- people from some **cultures**.



Culture is the way a group of people live and what they believe in.



We only used information about mental health care in hospitals.



This does not include people who go to hospital for:

- trying to hurt themselves
- eating or drinking things to make themselves sick.

Our report doesn't include information from hospitals in:



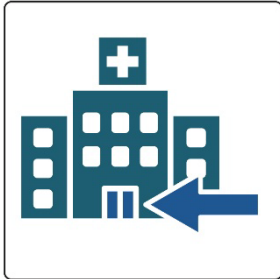
- Western Australia



- the Northern Territory.

What happens next

We will keep looking at why people who use government disability supports:

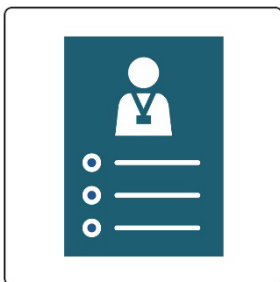


- go to hospital

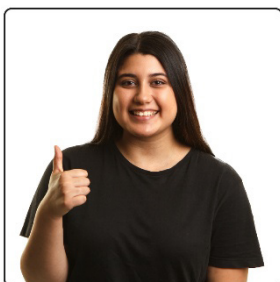


- use other types of mental health care.

This will help us:



- plan services



- improve mental health supports.

Word list

This list explains what the **bold** words in this report mean.



Culture

Culture is the way a group of people live and what they believe in.



Disability Support Pension (DSP)

The DSP is money the government uses to support people who have a disability that affects how much they can work.



Emergency department

The emergency department is a part of a hospital for when you need healthcare quickly.

For example, if you are injured or very unwell.



Mental health

Your mental health is about how you:

- think and feel
- deal with things in your life
- manage your feelings.



National Disability Insurance Scheme (NDIS)

The NDIS provides services and support to people with disability.

Contact us



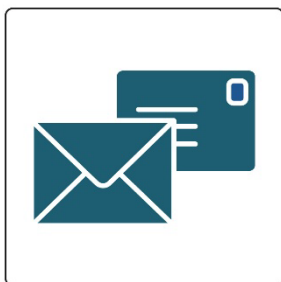
You can call us.

02 6244 1000



You can send us an email.

info@aihw.gov.au



You can write to us.

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You can visit our website.

www.aihw.gov.au



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