



National Disability Coordination Officer Program
AN AUSTRALIAN GOVERNMENT INITIATIVE

Resources for people with mental health problems and those who support them

This handout aims to highlight online tools and services available for people with mental health problems and those who support them. It has been compiled by the National Disability Coordination Officer (NDCO), South-Western Sydney Region. The NDCO Program works strategically to overcome barriers and assist people with disability to access tertiary education and employment. You can find contact details for your local NDCO at www.education.gov.au/ndcoprogram. This handout includes broad information sources for people with mental illness as well as specific resources about support at study and work.



About mental illness and rights

- Did you know that **nearly half of all Australians will experience mental illness** during their lives? Almost 1 in 5 will experience mental illness each year.
- The most common mental illness are **anxiety disorders and depression**
- The **Disability Discrimination Act (DDA, 1992)** provides protection for all Australians against discrimination based on disability, including mental illness. It covers a range of life areas, including both education and employment.
- **Employers and educators must offer equal opportunities to everyone.** This means that if a person with mental illness can do the essential activities (also called **inherent requirements**) of a job or course, he or she should have just as much chance to do that job or complete that course as anyone else. Employers and training providers must make **reasonable adjustments** to the workplace or course if a person with mental illness needs them to perform the essential activities.

Helplines, crisis support, information and advice

Lifeline
13 11 14
www.lifeline.org.au

Kids Helpline for 5-25 year olds
1800 55 1800
www.kidshelp.com.au

Mensline
1300 78 99 78
www.mensline.org.au

Scan to access
resource online.



WayAhead - Mental Health Association NSW

1300 794 991

www.mentalhealth.asn.au

Beyondblue

Information on depression, anxiety and more

1300 22 46 36

www.beyondblue.org.au

Youth Beyondblue

Information on depression and anxiety targeted at young people

www.youthbeyondblue.com



SANE Australia

Information for all Australians affected by mental illness

1800 18 SANE (7263)

www.sane.org

Headspace

For 12-25 year olds

www.headspace.org.au



Black Dog Institute

A world leader in mood disorders including depression and bipolar disorder

www.blackdoginstitute.org.au

Mindhealthconnect

A collection of evidence-based mental health resources from leading Australian organisations

www.mindhealthconnect.org.au

It's Allright

For young people with a friend or family member affected by mental illness

www.itsallright.org

ReachOut

Youth mental health service for under 25s

www.reachout.com



Mental Illness Fellowship Australia

Fact sheets and links to state organisations supporting people with mental illness

www.mifa.org.au

MindSpot Clinic

Free online and telephone treatment for anxiety and depression

www.mindspot.org.au



E-Couch

Free self-help program for people with depression and anxiety

www.ecouch.anu.edu.au

Resources related to study and work

Get ready for study and work

Information for people with a disability and professionals assisting them to participate in post school education training and employment.

www.westernsydney.edu.au/ndco



Disclosure: It's a personal decision

Disclosure of disability presents a number of challenges and choices for people with disability. This website addresses these challenges for people with disabilities, employers and educators.

www.westernsydney.edu.au/ndco/disclosure

Australian Human Rights Commission

The disability rights section of the Australian Human Rights Commission website provides detailed information about the **Disability Discrimination Act 1992** which protects all Australians. The website includes a brief guide to rights in the workplace, including descriptions of important terms such as inherent requirements, reasonable adjustments and unjustifiable hardship.

<https://www.humanrights.gov.au/our-work/disability-rights/guides/brief-guide-disability-discrimination-act>

Your right to an education

This website has been designed to help users understand important parts of the Disability Discrimination Act Education Standards.

www.daedustandards.info



JobAccess

An Australian Government initiative designed to provide information for employers, job seekers and employees with disability. It has a comprehensive range of information about different disabilities, workplace solutions and adjustments, understanding rights and responsibilities at work and much more. There is also a **free expert telephone advice service - 1800 464 800**.

www.jobaccess.gov.au

Education to Employment

Facts, tips and advice to support a successful move for graduates from tertiary education to graduate employment.

www.westernsydney.edu.au/ndco/employment



Disability Employment Services

Provide specialist help for people with disability, injury or health condition who require support to find and maintain sustainable employment. DES can help employers recruit, train and support qualified staff with disability, provide ongoing support in the workplace, and help employers access a range of incentives and financial support. You can find a local DES provider at <http://jobsearch.gov.au/serviceproviders>

<http://employment.gov.au/disability-employment-services>



HeadsUp Mentally healthy workplace alliance

Information for people with mental illness, employers and colleagues

www.headsup.org.au

Towards Success in Tertiary Study

For people with mental health problems planning tertiary study

http://services.unimelb.edu.au/disability/resources/towards_success/mental_health_conditions