

## **Mental health support for adults with intellectual disability in NSW**

Research shows that people with intellectual disability have a higher rate of mental health problems than the general population, but can struggle to get their particular needs met. This presentation will outline the opportunities and challenges for adults with intellectual disability to access appropriate support across NSW, including rural communities.

This session will look at professional services including GPs, public mental health services, private psychiatry and psychological supports - which may be funded through the NDIS. Information will be provided about the relatively new local and statewide specialist services in NSW. Taking a holistic view of mental health promotion, it will also explore the role social networks, meaningful activity and exercise can play, and their availability.

*Speaker: Dr David Thompson,  
Statewide Intellectual Disability Mental Health Outreach Service (SIDMHOS)*

**Thursday 15 December**

**12.00 - 1.00pm (AEST)**

**Cost:**

Free for ASID Members

\$25 for non-members

Please contact the ASID Office if you have any questions at [secretariat@asid.asn.au](mailto:secretariat@asid.asn.au)

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