A group of people lying on the ground

Description automatically generated

Help us change mental health services

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| About this book | |
|  | This book is from Youth Disability Advocacy Service or YDAS. |
| A yellow and black lines with a yellow rectangle  Description automatically generated | This book has some hard words. |
| A black arrow pointing at a black x  Description automatically generated | Hard words are **bold.** |
|  | We tell you what hard words mean. |
| A person holding a book to another person  Description automatically generated | You can ask someone to help you read  this book. |

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| A couple of buildings with red cross and green ticks  Description automatically generated | This book is for you to tell us you want to help change **mental health services**. |
|  | Mental health services help when you |
| A cartoon of a person with his eyes closed  Description automatically generated | * do not feel happy |
| A cartoon of a child  Description automatically generated | * are not safe. |
| A yellow outline of a map  Description automatically generated | We want to change mental health services in **rural** Victoria. |
| A cartoon of a house  Description automatically generated | Rural means far from the city. |
| A couple of buildings with red cross and green ticks  Description automatically generated | We want to change mental health services in **regional** Victoria. |
| A drawing of a city skyline  Description automatically generated | Regional means not Melbourne. |

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|  | We want to change mental health services for |
| A person walking towards a hospital  Description automatically generated | * intake or when you go in |
| A person walking into a hospital door  Description automatically generated | * discharge or when you go out. |
| A building with a red cross  Description automatically generated | We want mental health services to be  more **inclusive**. |
|  | Inclusive means for everyone. |

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| What you will do | |
| A blue calendar with black text  Description automatically generated | If we choose you, you will come to meetings from August to November. |
| A group of people sitting in chairs  Description automatically generated | We will have 7 meetings. |
| A clock with arrows pointing at the time  Description automatically generated | Some meetings will go for 3 hours. |
| A clock with a yellow and black arrow  Description automatically generated | Some meetings will go for 4 hours. |
|  | If you come to a 3 hour meeting we will pay you 150 dollars. |
|  | If you come to a 4 hour meeting we will pay you 200 dollars. |
| A group of people sitting in chairs  Description automatically generated | You should try and come to every meeting. |
| A computer with a logo on the screen  Description automatically generated | Some meetings will be online. |
| A group of people sitting around a table  Description automatically generated | Some meetings will be in person. |
| A cartoon of a child thinking about a building  Description automatically generated | If we choose you, you will learn more about the mental health system in Victoria. |
| A cartoon of a child pointing up  Description automatically generated | You will share your ideas to make mental health services more inclusive. |
| A cartoon of two people talking  Description automatically generated | We will support you to tell us what was good about mental health services |
| A cartoon of two people talking  Description automatically generated | We will support you to tell us what was bad about mental health services. |
|  | You will also read information we send you  before meetings. |

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| Who can help | |
|  | You can help if you |
| A couple of pink candles with candles on them  Description automatically generated | * are 12 to 25 years old |
| A couple of buildings  Description automatically generated with medium confidence | * have used a mental health service in  rural Victoria |
|  | * have used a mental health service in  regional Victoria |

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| A person and person with a dog and wheelchair  Description automatically generated | If you want to help you must also have **disability.** |
|  | Disability might mean you are |
| A drawing of a ear with a red cross  Description automatically generated | * deaf or hard of hearing |
| A drawing of eyes and eyebrows  Description automatically generated | * blind or you have low vision |
|  | * autistic. |

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| A cartoon of a person in bed with a thermometer  Description automatically generated | Disability might mean you have a **chronic illness**. |
|  | Chronic illness means you are sick for a long time. |

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|  | Disability might mean you have a **mental illness**. |
|  | Mental illness changes how you |
| A cartoon of a person pointing her forehead  Description automatically generated | * think |
| A group of women with white headscarves  Description automatically generated | * feel |
| A cartoon of a person running  Description automatically generated | * act. |
|  | You do not need a **diagnosis** to do the program |
|  | A diagnosis is when a doctor or other medical professional says you have a disability |
| How to tell us you want to help | |
| A computer with a logo on the screen  Description automatically generated | To tell us you want to help fill in our online form. |
| A mouse cursor with a light coming out of the corner  Description automatically generated | [EOI for In and Out Co-designers (snapforms.com.au)](https://youthdisabilityadvocacyservice.snapforms.com.au/form/eoi-for-in-and-out-co-designers) |
| A hand pointing at a check mark  Description automatically generated | You do not have to help us if you do not want to. |
|  | You can |
| A cartoon of a child using a computer  Description automatically generated | * type your answers |
| A black and white cartoon of a microphone  Description automatically generated | * share your answers in a voice recording |
| A video player with a play button  Description automatically generated | * share your answers as a video. |
|  | Contact us if you cannot use the form. |
|  | Our contact details are at the end of this book. |
| A red and white calendar with black text  Description automatically generated | You must tell us if you want to help by 2 PM Friday 30 August. |

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| What we will ask you | |
|  | We will ask for |
| A cartoon of a person  Description automatically generated | * your name |
| A person and person in circles  Description automatically generated | * your **pronouns**. |
| A cartoon of a person wearing a blue scarf  Description automatically generated | Your pronouns might be she and her. |

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|  | Your pronouns might be |
| A person with a beard and blue shirt  Description automatically generated | * he and him |
| A cartoon of a person with a mustache and a flower in her hair  Description automatically generated | * they and them |
| A person and person in circles  Description automatically generated | * something else. |

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|  | We will also ask for your |
|  | * phone number |
| A computer with an email sign  Description automatically generated | * email address |
|  | * age. |
|  | We will ask what **council** you live in. |
| A black question mark with arrows pointing to the center  Description automatically generated | Council means the area you live in. |
| A person and person with a dog and wheelchair  Description automatically generatedA black question mark on a white background  Description automatically generated | We will ask what type of disability you have. |
| A person standing next to a building  Description automatically generated | We will ask you to tell us why you want to help. |
| A cartoon of a child pointing up  Description automatically generated | We will ask you what might make mental health services more inclusive. |
| A person and person talking  Description automatically generated | We will ask you about times you have shared  your ideas. |
|  | To share your ideas you might help organisations with projects. |
| A group of people sitting at a table  Description automatically generated | To share ideas you might also speak up at meetings. |
| A computer and a credit card  Description automatically generated | We will ask about your **access needs**. |
| A person and person with a cane  Description automatically generated | Access needs are what you need to help you be part of something. |
|  | For example |
| A person lying on a blue couch  Description automatically generated | * you need to take lots of breaks |
| A person holding a book to another person  Description automatically generated | * you need someone to help you. |
|  | We will ask where you saw the form. |
|  | For example |
| A blue square with a white f logo  Description automatically generated | * Facebook |
|  | * Instagram. |

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| More information | |
|  | For more information contact YDAS. |
| A black cell phone with a white screen  Description automatically generated | Call or text 0447 678 653 |
| A computer with an email sign  Description automatically generated | Email [sgreen@ydas.org.au](mailto:sgreen@ydas.org.au) |
| A computer with a blue screen  Description automatically generated | Website ydas.org.au |

You can find more information about the In & Our project on the YDAS website <https://www.yacvic.org.au/ydas/get-involved/in-and-out-co-design>

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