



**Black Dog**  
Institute

**Healthy**  
Mind

# Welcome to Healthy Mind.

An online Easy Read tool for building good mental health.

## Supporting the mental health of people with Intellectual Disability

*(Sydney 1st July, 2020)*

Healthy Mind is an innovative online Easy Read tool developed by the Black Dog Institute to help people with intellectual disability (ID) learn to have a happier and healthier life.

Following a successful feasibility trial, Healthy Mind helps people with ID recognise and regulate their thoughts and feelings. The initiative has been built on adapted psychological strategies used by doctors and psychologists, with input from people with lived experience and a wide range of health professionals.

Designed to be truly accessible and tested by people with ID, their families, carers and support workers, we are excited to be associated with the launch of the Healthy Mind website that is now LIVE.

Healthy Mind is unique in what it delivers, as it includes:

- an Easy English translation supported with images
- an audio function for all content

- simple step by step guides, short videos and fun activities
- a design that aligns with the unique learning needs of its users

Enabled on desktop and tablet , free to use and accessible 24/7 without the need to register, the Healthy Mind step by step approach:

- gives you practical strategies to help the ones you care for and about
- facilitates a conversation about mental health in a safe way
- provides support when face-to-face therapy is not available or accessible
- can be used in conjunction with face-to-face therapy providing a supplementary level of support

**Empower the person you care about to cope with  
their thoughts and feelings.**



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