



Mental Health Awareness Info

How many people with disabilities have mental health conditions?

"Nearly one third of adults with disabilities (32.9%) reported experiencing frequent mental distress, compared with 7.2% of adults without disabilities" - National Institute of Health

How many people go without treatment for mental health conditions?

Nearly one half of the 60 million adults and children living with mental health conditions in the U.S. go without any treatment. ([NAMI](#))

Despite the historic passage of the Americans with Disabilities Act (ADA) in 1990, people with disabilities often continue to face discrimination and unequal access in employment, housing, medical care and insurance coverage. ([NAMI](#))

Signs Your Mental Health is Suffering for People with Disabilities

- Lack of enjoyment of activities that used to give you fulfillment
- Irritability, anger, frustration, and/or worry
- Lack of emotion
- Consistent bad mood
- Change in sleep patterns (sleeping irregularly and/or too much or not enough)
- Change in appetite (eating too much or not enough)
- Ongoing avoidance of certain people, places, and things
- Thoughts of suicide or death
- Concentration and/or memory issues
- Fatigue and decreased energy

[Source](#)

Ways to Improve Mental Health

- Therapy
- Medication
- Meditation
- Breathing Exercises
- Physical Exercise
- Sleeping Enough
- Having Community

*All with accommodations as needed.
Please consult a medical professional
prior to starting any treatment.

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Accommodations for Mental Health Appointments

- Book appointments online/via email
- Information on what to expect from the service ahead of time
- Having a friend, relative or carer attend appointments with you
- Adapting communication to avoid confusion, such as allowing more processing time to answer questions or using written info/questions
- Changing the appointment room (i.e. dim lights to reduce sensory input)

Source

Resource Links

[The Directory: helps autistic people, their families and the professionals who work with them find local and national services](#)

[Understanding How Disability Stigma Affects Healthcare Accessibility](#)

[ADA National Network: Information, Guidance, and Training on the Americans With Disabilities Act](#)

[National Alliance On Mental Illness Resources for Individuals With Disabilities](#)

[National Autistic Society: Seeking Help With Mental Health](#)

[The Significance of Mental Health and People with Disabilities](#)

[Mental Health Resources For Disabled People](#)

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