



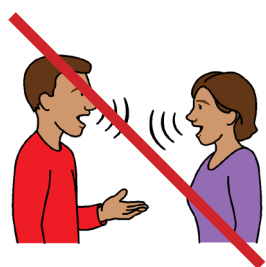
# Speech pathology in mental health services



Mental health is about helping people with mental health problems.

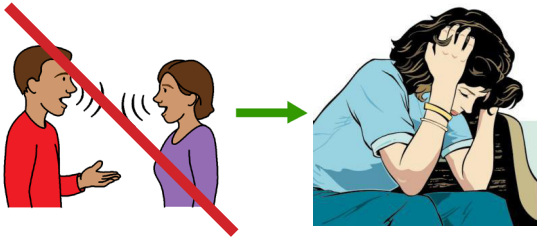
A person with a mental health problem can have problems

- with family life
- making friends
- with emotions
- with behaviour.



A person may have problems with

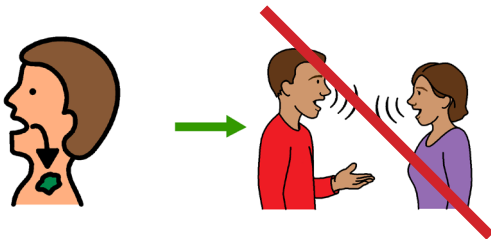
- understanding what people say
- talking to people.



Also, mental health problems can come from communication problems.

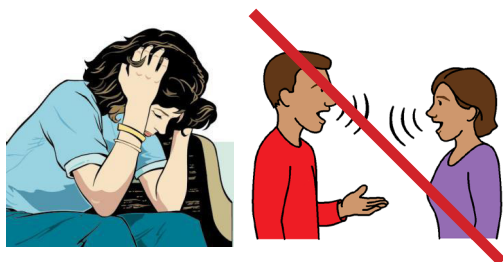
A person may feel depressed or anxious about their communication problems.

Adults and children with communication problems are **more** likely to have mental health problems.



Some communication and swallowing problems can be part of a mental health problem. For example,

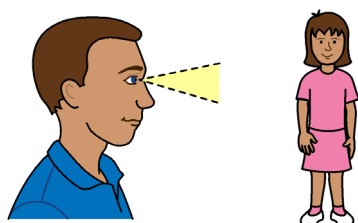
- speech and language problems can be part of schizophrenia
- swallowing problems can
  - be part of dementia
  - be a side effect from taking medicine
  - be from taking drugs
  - happen after a brain injury.



## **What can happen to a person with a mental health problem and communication problems?**

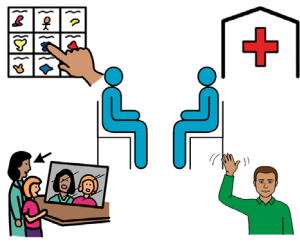
A person may find it hard to

- join in at school, TAFE or university
- get a job and keep it
- spend time
  - with family
  - with friends
  - in the community.



## **What are signs that your child's communication problem could affect their mental health?**

- Bad social skills
- Your child spends lots of time alone
- Problems with
  - speech
  - understanding people
  - talking about their feelings and ideas
  - behaviour.



## How can a speech pathologist help?

Speech pathologists help a person work on

- communication skills
- swallowing skills
- live their life. For example,
  - at home
  - at school
  - at work
  - talking to people
  - in mental health therapy programs.

A speech pathologist may also

- work with the mental health team, family and school
- give ideas to work on communication
- give resources, like picture lists
- say when more assessment or therapy is needed
- talk about communication difficulties with your child and your family.

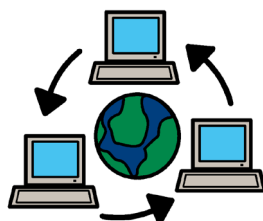


## Where can you get help?

Contact a speech pathologist in your local area.

Speech pathologists can

- do an assessment
- give advice
- give therapy
- find the right tools for you.



## Find a local speech pathologist

Speech Pathology Australia

Website [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Click on - Find a Speech Pathologist.



## How do you become a speech pathologist?

You need to do a course at University.

To find out more contact

Speech Pathology Australia

Phone 1300 368 835

Website [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Click on - information for the community.

Scope's Communication Resource Centre wrote the Easy English.  
September 2013 [www.scopevic.org.au](http://www.scopevic.org.au)

To see the original, contact Speech Pathology Australia  
[www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Mayer-Johnson LLC says we can use the Picture Communication  
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