



Here at Cannington Community Education Support Centre, we constantly strive to support the mental health and wellbeing of our students. With recent world difficulties we recognise that it is even more important to regularly take notice of how we are feeling and take steps to manage this accordingly.

Last month, a new online tool was launched to support the mental health of people with intellectual disability. We would love for you to take a look and hope that it provides some assistance to your families.

Please feel free to contact us with any queries or feedback.

Kind regards  
Katherine Athanasiou  
Student Services



## Welcome to Healthy Mind.

An online Easy Read tool for building good mental health.



Black Dog  
Institute

Healthy  
Mind




### Supporting the mental health of people with Intellectual Disability

*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.

*Healthy Mind* helps people with ID recognise and regulate their thoughts and feelings. The tool is designed to be truly accessible and tested by people with ID, their families, carers and support workers.

*Healthy Mind* has:

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

Enabled on desktop and tablet, free to use and accessible 24/7 without the need to register.

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

[Visit healthymind.org.au](https://healthymind.org.au)