

Mental Health Matters

By the Numbers*



People with intellectual and developmental disabilities (IDD) are **more** likely than people without IDD to have a mental health condition.



Between 33% and 50% of adults with IDD have a mental health condition.



Between **40-50%** of adults with IDD take medication for mental health.

What does Mental Health mean to you?

Prevention and self-care

Good days and bad days

Education for people and their doctors

Support

Being seen as more than just a diagnosis



Common Mental Health Conditions*

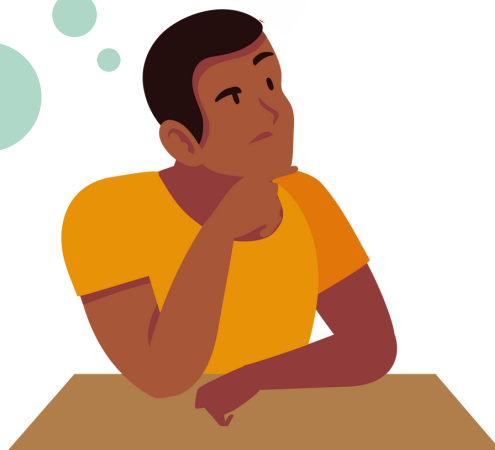
Mood Disorders

Anxiety Disorders

Behavioral Condition

Psychotic Disorders

*Based on data from the Virginia National Core Indicators Intellectual and Developmental Disability Survey



Advice from Self-Advocates

It's important to remember that it's okay to ask for help!

There are lots of ways to take care of your mental health, including:

- Going to therapy, online or in person
- Joining a support group
- Spending time outside in nature
- Exercising
- Crafting, painting, or other arts
- Listening to or making music
- Spending time with people and animals
- It's also okay to not be okay!



Resources

Taking Control: A Guide to Self-Advocacy

<https://www.rethinkessexadvocacy.org/media/to0h313r/taking-control-a-guide-to-self-advocacy.pdf>

This guide provides practical strategies and tips to help individuals with mental health challenges take control of their lives and advocate effectively for their needs.

Mental Health Guide

<https://cid.org.au/wp-content/uploads/2023/07/health-Mental-Health-Guide.pdf>

An Easy Read guide by the Council for Intellectual Disability (CID) that provides accessible information and practical advice to help individuals understand and improve their mental health.

Created for people with disabilities by people with disabilities