



Legal help for people with mental ill health

Clinic Brochure in Easy Read

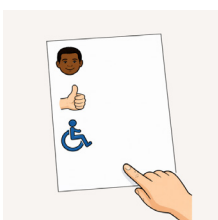


Easy Read

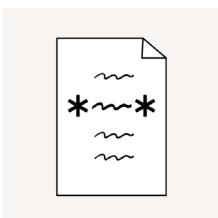
About Easy Read



This is an Easy Read book.



Easy Read uses simple words and pictures to explain ideas.



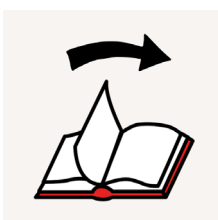
New words are ***bold with stars***.



We explain what new words mean.



Easy Read is a summary.



Links to more information are at the end of this book.

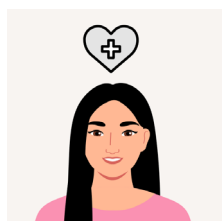
About this book



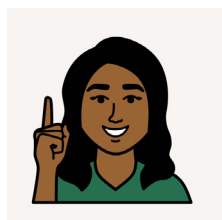
This book is by Canberra Community Law.



When you see the word **we**, it means Canberra Community Law.

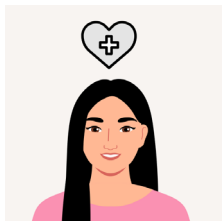


This book explains our ***Mental Health Justice Clinic***.



We call it **our clinic** in this book.

Who does our clinic help?

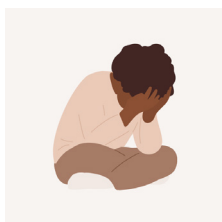


Our clinic helps people who live with ***mental ill health***.

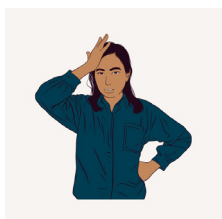


Mental ill health means you face problems with unhelpful

- thoughts

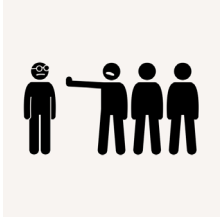


- feelings.

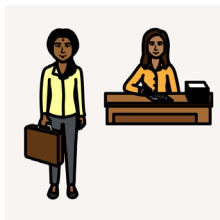


For example if you have anxiety or depression.

How can our clinic help?

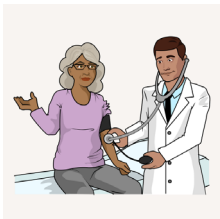


We can help if you have not been treated fairly because of your mental health.



We can help if you have problems with

- work



- a health service



- Centrelink



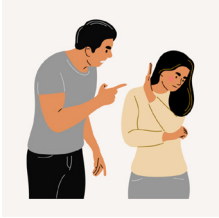
- ***ACT public housing***.



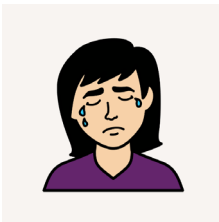
ACT public housing is housing managed by the ACT Government.



We can help if you are a victim of ***abuse*** or ***neglect***.

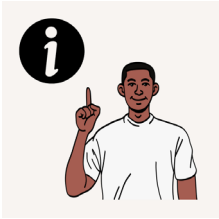


Abuse means someone hurt you.

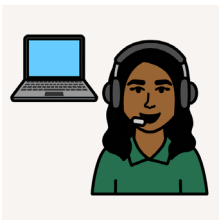


Neglect means someone did not give you the care or safety you have a right to.

What does help look like?



We can explain your options.



We might be able to talk to Housing ACT or Centrelink for you.



We might be able to help you at the ***human rights commission***.



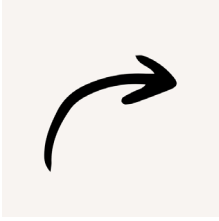
The human rights commission can look into unfair treatment.



We might be able to help you at a ***tribunal***.



A tribunal makes decisions about some problems. It is like a court but less formal.

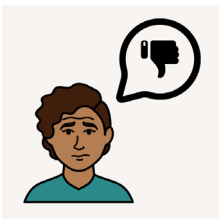


We can also

- explain what might happen next



- help you make a ***complaint***.



A complaint is when you say you are not happy with a product or service.

Contact us



Contact us for more information.



Call 02 6218 7900.



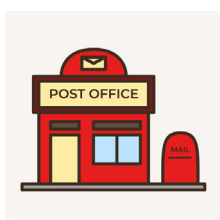
Visit www.canberracommunitylaw.org.au



Email info@canberracommunitylaw.org.au



Visit Level 5
10 Rudd Street
Canberra 2601



Write to PO Box 547
Canberra ACT 2601

Tell us what you think



We want to know what you think about our services.



Call 02 6218 7900

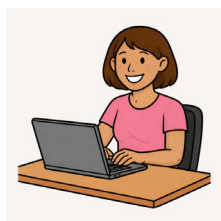


Email feedback@canberracommunitylaw.org.au

More Services



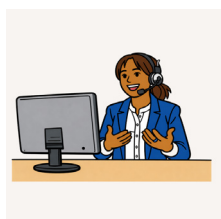
The brochure called **Our Services** explains other ways we can help.



It is on our website with an Easy Read option.



Visit www.canberracommunitylaw.org.au/resources/brochures



You can also talk to us about the services we offer.



Call 02 6218 7900

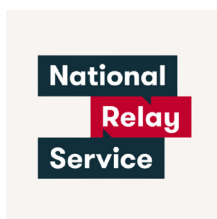


Email info@canberracommunitylaw.org.au

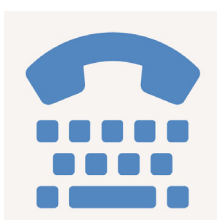
Free services to help you on phone calls



Call 131 450 for the Translating and Interpreting Service if English is not your first language.

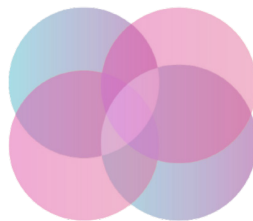


Call 1800 555 660 for the National Relay Service if you have communication support needs.



Call 1800 555 677 if you use a teletypewriter or TTY.

**CANBERRA
COMMUNITY
LAW**



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