



**Community  
Family Services  
of Ontario 家和**



## People with Disability & their Mental Health

### RELATIONSHIP BETWEEN MENTAL HEALTH ISSUES AND DISABILITY

- Increased risk of developing mental health issues
- May exacerbate the severity / level of disability and vice versa
- Related to high stress level, shame, feeling of helplessness / hopelessness, culture, and biological factors

### HOW TO HELP?

- **Be observant & notice the signs**
- **Be non-judgemental & supportive**
- **Look up resources for them**
- **Educate with appropriate knowledge**
- **Communicate openly**

### COMMON MENTAL HEALTH ISSUES

#### Depression



- Loss of interest
- Low energy
- Sadness, worthlessness
- Loss of appetite
- Sleeping problems

#### Anxiety



- Nervousness / restlessness
- Panic / worry
- Rapid heart rate & breathing
- Difficulty in concentrating
- Sleeping problems