Talking with your GP or neurologist about MND and mental health

Mental health concerns people with motor neurone disease commonly experience include:

- Feeling very low or down (such as depression and other mood disorders)

- Feeling very fearful or anxious (such as having panic attacks and other anxiety disorders)

- Mental health conditions caused by changes in the brain (such as dementia)

People can feel lots of stress adapting to changes in their life caused by MND.

If you experience feelings such as anxiety, worry, sadness or low mood, help is available.

If you are finding it hard to cope, you can speak to your family and friends, and your doctors.

There are ways to help with feelings such as anxiety and low mood. Your GP or neurologist can help find the right support for you.

UNSW SYDNEY

3DN DEPARTMENT OF DEVELOPMENTAL DISABILITY NEUROPSYCHIATRY

mnd Research Australia

For your GP or neurologist to read

The Department of Developmental Disability Neuropsychiatry (3DN) at UNSW Sydney has carried out research into the mental health needs of people with motor neurone disease in NSW. Find out more at the link below.

https://3dn.unsw.edu.au/project/using-big-data-understand-health-status-and-service-use-people-motor-neurone-disease

Supporting the mental health of people with MND

- Work with the individual and their family and carers to find the right mental health support for them. Professional care is often required in addition to support groups.
- Depression can be masked by physical changes caused by MND; carry out a thorough assessment if depression is suspected.
- Use of mental health services is highest earlier in the course of MND; ensure that support is readily available during this time.

For further information

- The MND Australia MND Care website (www.mndcare.net.au) has information on psychosocial support and referral pathways.
- The national network of MND Associations (www.mndaustralia.org.au) provides individualised support to people living with MND, and a range of services including education sessions for health care providers, carer workshops, support groups, and resources.