

# Navigating mental health challenges when living with a physical disability

*\*Please note the resources displayed in this document were accurate at the time of publication\**

## MHPN Resources

**MHPN Networks:** MHPN supports networks where practitioners share an interest in mental health.

[See what's available in your area](#)

**MHPN Webinar Library:** [Watch our previous webinars](#)

**MHPN Podcast:** [Listen to our range of podcasts](#)

## Websites

Physical Disability Australia is a national peak Disability Peoples Organisation (DPO) run by people with physical disability for people with physical disability. Accessible at <https://www.pda.org.au/>

The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia. Accessible at <https://www.disabilitygateway.gov.au/>

Limbs 4 Life empowers amputees with knowledge and support to make a real difference, because no-one should have to go through limb loss alone. This website includes support resources for peer support programs and amputee wellbeing information. Accessible at <https://www.limbs4life.org.au/>

Limbs 4 Kids is a national program that supports parents of children born with limb deficiencies and children or adolescents who undergo an amputation early in life. Accessible at <https://limbs4kids.org.au/>

This web page provides useful resources and information on grief and adjusting to serious illness: <https://www.helpguide.org/articles/grief/coping-with-a-life-threatening-illness.htm>

Aruma provides a range of disability services spanning across home and living support, social and community participation, therapeutic support and children's services. Accessible at <https://www.aruma.com.au/disability-services/>

Carers Australia is the national peak body representing Australia's unpaid carers, advocating on their behalf to influence policies and services at a national level. Accessible at <https://www.carersaustralia.com.au/>

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Amputees Queensland is a non-profit, self-help community organisation dedicated to promoting and supporting the needs of amputees, their family, friends and carers. Accessible at <http://afsg.org.au/contact/>

Amputees NSW support Individuals, Families, Schools, Allied Health, Government agencies, Interstate support groups and the border community. Accessible at <https://amputeesnsw.org.au/>

## Articles

This article discusses the limitations in the way that healthcare practitioners may use Annon's PLISSIT model in meeting the sexual wellbeing needs of individuals with an acquired disability. Taylor, Bridget & Davis, Sally. (2007). The Extended PLISSIT Model for Addressing the Sexual Wellbeing of Individuals with an Acquired Disability or Chronic Illness. *Sexuality and Disability*. 25. 135-139. doi:10.1007/s11195-007-9044-x.

The Psychology of Rehabilitation is a short booklet which outlines psychological aspects to good rehab. Reference: Basten, C.(2013). The Psychology Of Rehabilitation. *Basten and Associates*. Accessible at <https://www.bastenpsychology.com.au/wp-content/uploads/2013/10/The-Psychology-of-Rehabilitation-Basten.pdf>

## Tools

The World Health Organisation Quality of Life (WHOQOL) is a quality-of-life assessment developed by the WHOQOL Group. Accessible at <https://www.who.int/tools/whoqol>

Cerge is a communications platform for organisations to provide personalized service to customers with disability. Accessible at <https://cerge.app/>

Kindship - the essential tool for navigating disability and the NDIS. Accessible at <https://www.birchal.com/company/kindship>

National Assistance Card - A personalised card to assist people with disability and health conditions in the community. Accessible at <https://www.nationalassistancecard.com.au/>

The Ultimate Tapping Guide: Download the Ultimate Tapping Guide now by Australia's leading EFT researcher and clinical psychologist, Dr Peta Stapleton. Accessible at <https://petastapleton.com/resources/the-ultimate-tapping-guide/>

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## Books

Come over to my House – a delightful picture book that explores the home lives of children and parents who are Deaf or disabled. Reference: Rippin, S. and Hull, E. & Gray-Barnett, D. Come over to my house. Bright Light. 21 September, 2022.

## Podcast

[ListenABLE](#) by Dylan Alcott and Angus O’Loughlin on various podcast players - Challenge what you think it’s like to live with disability. The hosts speak to people living with disabilities about their lives and ask them the questions you thought were off-limits.

Mackintosh, G. (Interviewer), & Stapleton, P. B. (Interviewee). (2020). Ep 3: Dr. Peta Stapleton - The Science Behind Tapping. Digital or Visual Products, The Glenn Mackintosh Show - A Health Psychology Podcast. <https://anchor.fm/glennmackintosh/episodes/Dr--Peta-Stapleton---The-Science-Behind-Tapping-e4a9nl/a-agukn8>