

Mental Health and Learning Disabilities



What is it and who can help?

Mental Health and Learning Disabilities: What is it and who can help?



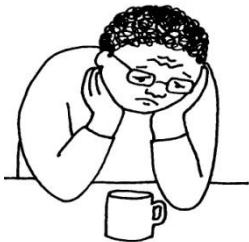
All of us have felt happy, sad, angry and confused due to various reasons in our lives.

We can usually understand why we feel that way and come to terms with it.



Sometimes, these feelings can come on for no reason or become difficult to deal with.

This may mean you have a mental illness.



Mental illness can have different names based on what people experience.

If you are sad you may be depressed.

If you are feeling stressed or worried all the time you may have anxiety.



At such times, you and your family will need support from professionals such as doctors and nurses.

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Your doctor may refer you to us to provide the help and support required.

You may be seen:

- At your house
- At the Day Centre
- At Mansion House
- At the Doctor's Surgery

At first, the doctors and other people you see will find out what your needs are.

They will then work with you and your carers to help you get better.

Sometimes, if you are really poorly due to your mental illness, they may want you to be admitted to a hospital called the Agnes unit.

When you are feeling better, they will work with you to make sure you remain well.

The team may continue to see you, or they may ask your doctor to see you to make sure everything is alright.



Mental Health and Learning Disabilities:

What is it and who can help?



The Learning Disability Team in Leicestershire Partnership NHS Trust consists of:

Psychiatrist is a doctor who is a specialist in dealing with mental health problems.

Psychiatrists can diagnose mental health problems and may ask you to take medication.

Community nurses can support with your physical and mental health needs.

Outreach nurses can help when there are behavioural problems. They will try and understand what makes you upset by observing you in different places and with different people. They will then suggest ways of helping you.

Physiotherapists can help if there are any mobility problems.

Occupational Therapists will work with you to find out your abilities to do things. They can also help you in finding activities that you would enjoy.

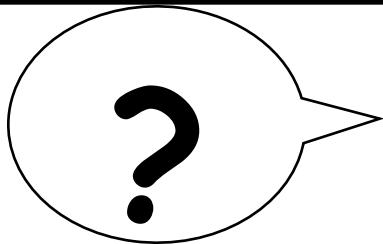
Speech & Language Therapists can provide support in improving communication between you and your carer. They also help if there are swallowing problems.

Psychologists can help if you have difficulty in dealing with your thoughts, feeling and behaviour.

Social worker will help with things like where you live, places you can go and benefits you can receive.



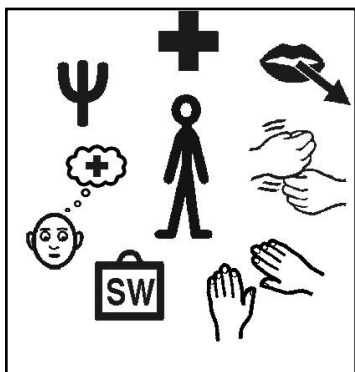
Help and support



If you have any questions about the information in this leaflet you can talk to:



Your Doctor (GP)



The Adult Learning Disability
Psychiatry Service
Telephone 0116 225 5200

Leaflet produced and issued by Leicestershire Partnership NHS Trust and the Royal College of Psychiatrists' Faculty of the Psychiatry of Learning Disability.
www.leicspt.nhs.uk - www.rcpsych.ac.uk

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