



Helping with your mental health



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Camden learning disabilities service



If you are having problems with your mental health and you are...

- feeling sad, worried or angry
- having upsetting thoughts
- getting into lots of arguments
- hearing, seeing or believing things that are not real
- having trouble remembering things
- or your behaviour hurts you or other people



...there are people who can help you



Speak to your GP – they will help decide if you need more help



- you may need to speak to someone about your problems



- you might need some medication



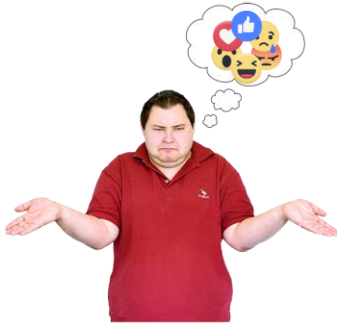
- you might need to go to another clinic or be referred to another mental health service like iCope



Reasonable adjustments by mainstream services

- by law reasonable adjustments should be made - these are changes that can help people with LD be treated equally
- every person is different and will need different changes – this can be things like
 - staff speaking clearly and using easy words
 - a longer appointment and at a time which is better for you
 - easy read information
 - taking a support worker or family member with you





A psychologist can help you to...

- understand your feelings



- think about good and bad changes in your life



- think about difficult relationships



- and can help other people to understand your feelings



A psychiatrist can...

- talk with you to understand what is happening



- give you medication to help you



- work with other people to help you



We do this by...

- talking with you on your own
- talking with you and your family or staff
- asking you to join one of our groups
- teaching you and others, new skills and ways to cope

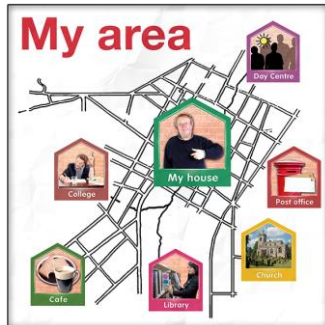


We can see you at...

- your home



- your college or day service



- anywhere else you feel comfortable



- 5 Pancras Square

Questions?



Hospital care



- if you are very unwell you may need to go to hospital
- in Camden the hospital is called Highgate Mental Health Centre
- there are doctors, nurses and psychologists there to help you
- CLDS will visit you there and make sure you are getting the right care
- we will make sure you are discharged from there as soon as possible