## Top tips for talking about our feelings

These are some tips to help us talk to people with a learning disability about how they are feeling.



Ask how people are feeling every day.

If you are talking about a personal problem find a private place to talk.



It's important to come up with solutions and next steps together.

We all deal with our feelings in different ways.

Take each other's feelings seriously and don't judge each other.



It is important
that we all give
ourselves and the
people we support
time, space and
empathy.



Do you need any aids like Easy Read?



Listen

carefully.

www.skillsforcare.org.uk/improvingmentalhealth