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.
- Think about how the other person communicates. Do you need any aids like Easy Read?
- Listen carefully.
- We all deal with our feelings in different ways. Take each other’s feelings seriously and don’t judge each other.
- It’s important to come up with solutions and next steps together.
- It is important that we all give ourselves and the people we support time, space and empathy.

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