

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.



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.



Think about how the other person communicates.

Do you need any aids like Easy Read?

Listen carefully.



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