What makes us feel worried, and what can help?

Here are some of the things that people with a learning disability said makes them feel sad and worried, and what can help.

The white circles are the things that can make us feel worried and the purple circles are the things that can help.

- **Being listened to**
- **Knowing that I'm not alone**
- **Getting information in different formats**
- **Making my own decisions**
- **When I feel like I don't have control**
- **When I'm worried about my health**
- **When I feel under pressure**
- **When I haven't healed from my past experiences**
- **Talk to a counsellor**
- **When I feel scared**
- **When I don't have information in the format I need**
- **Relax**
- **Share how we're feeling and ask for help**

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