

Feelings matter - talking to people with a learning disability about mental health

It is part of a care worker's job to talk to people about their everyday mental health. If you work with people with learning disabilities, here are some tips to help improve mental health. People can feel a loss of control. Help people to have control over what they do by supporting their decisions. People can feel lonely. Help people to talk about their feelings, express their emotions, and know that they are not alone. People may need aids to communicate. Have the right tools and info to help people talk. People can feel stress, help people with physical activity to relieve stress. People can feel anxious going new places. Help people to plan a trip or journey and carry a map. People can feel stressed and anxious. This may affect their sleep. Help people to keep busy, or find a hobby that helps them to relax.

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