

7. MY MENTAL HEALTH

Mental health problems can affect anyone.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

Mental health problems may be more difficult to diagnose in people with learning disabilities.

People's behaviour may change but they may find it hard to explain how they are feeling.

People with learning disabilities have the same right as other people to get help from a mental health professional.



People can get support from mental health professionals. Your doctor can refer you to the right support for you.

THINGS TO CHECK

1

Does anyone think you should talk to your doctor about your mental health?



Here are some things to think about:



Could there be a physical health problem that is affecting how you feel?



Do you have an enjoyable lifestyle?
You may be bored or lonely.



Is there something happening that is making you feel worried, scared or angry?

You may also need a medication review or help with your sleep. Your doctor will check these things with you.

It is important to see your doctor for advice.



2

Do you have a mental health problem and need more support?



Your community learning disability team could help.



They may run support groups for things like anxiety and anger management.



Community teams have nurses and therapists who could support you.



Self advocacy groups are good places to meet new people and talk about your life.

It is important to talk to your doctor if you need more help with your mental health problem.



See page 4 for useful websites about mental health.

Mind

The organisation MIND can give advice and support about mental health problems and support you can get.



www.mind.org.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about mental health designed by many different organisations.

Look in the 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

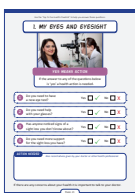


- There are 20 other checklists in the series covering a wide range of health issues.

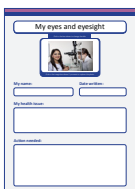
There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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