Supplementary Information / Resources:

Mental Health

Easy to Read Information for Service Users

The Royal College Psychiatrists has information that they call, 'readable and well-researched information for the public.' This can be found on their website.

http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/learningdisabilities.aspx
For example:

Mental Capacity and The Law

> *This information is for anyone who wants to know more about capacity, and how the law protects you when you cannot make decisions yourself.*

> https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/mental-capacity-and-the-law

And Problems and Disorders

> https://www.rcpsych.ac.uk/mental-health/problems-disorders

Books Beyond Words (BBW)

Books Beyond Words tell powerful stories just in pictures to help people with learning disabilities cope with some of life's biggest challenges. At the back of each book, there is a written storyline, with guidelines and a range of resources for supporters and professionals.

The titles cover:

- Health and wellbeing
- Physical health
- Mental health and trauma
- Health screening
- Lifestyle
- Using services
- Criminal Justice System

http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/learningdisabilities.aspx

Easyhealth was made so that people know where to find 'accessible' health information. 'Accessible' information is information that uses easy words with pictures.

There are over 500 leaflets on Easyhealth, made by many different organisations. You can print off nearly all the leaflets straight away. https://www.easyhealth.org.uk/

Suggested Further Reading

Mental Health Act 1983	d8.is/bl2
Amendments were made to this by the Mental Health Act 2007	d8.is/bl3
MIND provide a guide to the Mental Health Act and how it effects individuals	d8.is/bl4
Rethink Mental Illness provide a well-written guide on the Mental Health Act	d8.is/bl5

Mental Health Problems - An Introduction.

https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/about-mental-health-problems/#.XHHJXkjFLEY

Mental Health Problems in People with a Learning Disability

> *'Children and adults with learning disabilities are at least as likely to have a mental health problem as the general population. However, these problems often go undetected as the symptoms can be mixed up with the child or adult's learning disabilities or challenging behaviour.*
>
> *Many factors increase the chance of a person developing a mental health problem. These include: poor social support, low self-esteem, having little control over ones' life, not having anything to do and poor coping skills.*
>
> *People with learning disabilities are more likely to experience all the above.'*

> *https://www.challengingbehaviour.org.uk/health-challenging-behaviour/mental-health.html*

'Violence and aggression: short-term management in mental health, health and community settings.'

> This guideline covers the short-term management of violence and aggression in adults (aged 18 and over), young people (aged 13 to 17) and children (aged 12 and under). It is relevant for mental health, health and community settings. The guideline aims to safeguard both staff and people who use services by helping to prevent violent situations and providing guidance to manage them safely when they occur.

> NICE guideline [NG10] Published date: May 2015 d8.is/bl36

'Violent and Aggressive Behaviours in People with Mental Health Problems.' NICE guideline

> This quality standard covers short-term prevention and management of violent and physically threatening behaviour among adults, children and young people with a mental health problem. It applies to settings where mental health, health and social care services are provided. This includes community settings and care received at home. It describes high-quality care in priority areas for improvement.

> [QS154] Published date :June 2017 d8.is/bl38

Moodzone. NHS
https://www.nhs.uk/conditions/stress-anxiety-depression/

Mental Health and Behaviour in Schools (England) 2018. Department for Education
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools__.pdf

Mental Health Crisis Care : Physical Restraint in Crisis - A report on physical restraint in hospital settings in England June 2013
https://www.mind.org.uk/media-a/4378/physical_restraint_final_web_version.pdf

The impact of physical restraint on people in mental health settings. Allison (2018)
https://www.nationalelfservice.net/social-care/safeguarding/impact-physical-restraint-mental-health/

The Judith Trust
Established in 1997, the Judith Trust focuses its work on the problems faced by people who have both a learning disability and mental ill-health. http://www.judithtrust.org.uk/about-us/