

Supporting autistic people with learning disabilities with their mental health

These resources have been compiled to provide support to you on how to have conversations with autistic individuals with learning disabilities about their mental health.

There are also accessible resources which you can give to the people you support.

Resources for parents, carers and professionals:

Resource Link: Resource title: Feeling Down Report

- Resource Description: A resource explaining how professionals can better support individuals with learning disabilities with their mental health
- Resource Link: [Feeling down: improving the mental health of people with learning disabilities | Foundation for People with Learning Disabilities](#)

Resource title: MindED

- Resource Description: Free resources and training about mental health from the NHS to support professionals and family members
- Resource link: [MindEd For Families](#)

Resource title: Staff Training: Mental Health for Adults with Learning Disabilities

- Resource Description: Training resources for professionals supporting adults with learning disabilities with their mental health. Note that the resource costs £65
- Resource Link: [Introduction to Mental Health and Mental Wellbeing for Staff Supporting Adults with Intellectual Disabilities - Pavilion Publishing \(pavpub.com\)](#)

Book title: Judith Trust: Introduction to Mental Health and Mental Wellbeing for Staff

Supporting Adults with Intellectual Disabilities: A Guide for Professionals, Support Staff and Families



- Book Description: A guide to supporting adults with learning disabilities with their mental health for both professionals and families.
- Link: [Introduction to Mental Health and Mental Wellbeing for Staff Supporting Adults with Intellectual Disabilities: A Guide for Professionals, Support Staff and Families: Amazon.co.uk: Eddie Chaplin, Karina Marshall-Tate, Steve Hardy, Ruwani Ampegama: 9781912755837: Books](#)

Resource title: Books Beyond Books

- Resource Description: A series of books designed to explain concepts such as depression and death in adults with learning disabilities.
- Resource Link: [BeyondWords\(booksbeyondwords.co.uk\)](#)

Resource title: NICE Guidelines: Supporting people with learning disabilities with mental health

- Resource Description: The NICE guidelines which outline best practice for supporting people with learning disabilities.
- Resource Link: [Overview | Mental health problems in people with learning disabilities: prevention, assessment and management | Guidance | NICE](#)

Resource title: MENCAP Learning Disabilities and Mental Health

- Resource Description: A page by national disability charity MENCAP.
- Resource Link: [Learning Disability and Mental Health - Mental Health Research | Mencap](#)

Resource title: Health and Wellbeing Toolkit

- Resource Description: A resource to provide information and support to professionals on how to support the health and wellbeing of individuals with learning difficulties. The guide focuses on a range of different aspects of physical and mental health including suicidality.
- Resource link: [Id_health_wellbeing_handbook.pdf \(turning-point.co.uk\)](#)

Resource title: Judith Trust: Mental Health Services for Adults with Learning Disabilities Report



- Resource Description: This report gives an overview of the research evidence on supporting adults with learning difficulties with their mental health. Note that this report is from 2011 so may not contain the most up-to-date evidence but is a good overview.
- Resource Link: [TJT_REPORT_SP_WR1.pdf \(judithtrust.org.uk\)](http://judithtrust.org.uk/TJT_REPORT_SP_WR1.pdf)

Resources for autistic individuals with learning disabilities:

Resource title: Feeling Down Resource

- Resource Description: A resource designed to explain mental health and emotions for adults with learning disabilities.
- Resource Link: [Feeling down: looking after my mental health | Foundation for People with Learning Disabilities](http://www.foundationforpeoplewithlearningdisabilities.org.uk/feeling-down-looking-after-my-mental-health/)

Resource title: Emotion Guide

- Resource Description: A resource designed to provide a plan for managing emotions which may feel difficult.
- Resource Link: [feeling-down-guide-my-feelings-plan.pdf \(learningdisabilities.org.uk\)](http://www.learningdisabilities.org.uk/feeling-down-guide-my-feelings-plan.pdf)

Resource title: Things I feel in my body

- Description: A resource designed to make it easier for individuals to explain how they are feeling when talking to healthcare workers.
- Resource Link: [feeling-down-guid-things-feel-body.pdf \(learningdisabilities.org.uk\)](http://www.learningdisabilities.org.uk/feeling-down-guid-things-feel-body.pdf)

Resource title: Staying Healthy Guide

- Description: A resource designed to allow individuals to make a plan to stay healthy.
- Resource Link: [feeling-down-guid-things-feel-body.pdf \(learningdisabilities.org.uk\)](http://www.learningdisabilities.org.uk/feeling-down-guid-things-feel-body.pdf) [feeling-down-guide-my-staying-healthy-plan.pdf \(learningdisabilities.org.uk\)](http://www.learningdisabilities.org.uk/feeling-down-guide-my-staying-healthy-plan.pdf)

Resource title: GP Guide



- Description: A resource designed to help you get all the information you need together before you go and speak to the GP about your mental health
- Resource Link: [feeling-down-gp-information-pack.pdf](#)
([learningdisabilities.org.uk](#))

Resource title: Suicide Prevention- Learning Disabilities Toolkit

- Description: A suicide prevention toolkit specifically designed for people with learning disabilities.
- Resource Link: [Suicide Prevention - Learning Disabilities Toolkit - Grassroots](#)
([prevent-suicide.org.uk](#))