

# A one day Mental Health in Learning Disability Awareness Course

## outline:

- What is mental health (focus on positive mental health as well as ill health).
- What will help maintain positive mental health?
- What causes mental ill health?
- Mental health in learning disability (including overshadowing).
- Signs and symptoms of mental ill health.
- What else might be causing these signs?
- Effects on mental ill health on the individual, their families and supporters.
- What to do if you have concerns about someone.
- Which professionals might be able to help?
- What type of information would help them to do their jobs?
- Treatment options.
- The use of Person Centred support for those with mental ill health.
- Resources/support discussion.
- Questions/comments/feedback.

