



Clear Thoughts – the Mental Health in Learning Disability Knowledge Centre

People who have a learning disability are more likely than the general population to have mental health problems (FPLD 2002 Emerson and Hutton 2007). Many family members and front line supporters are unaware of the steps they can take to promote positive mental health for people who have a learning disability and what to do when they have concerns about the mental health of an individual.

The Association for Real Change, ARC (www.arcuk.org.uk) are undertaking a three year project, funded by the Dept of Health, to develop a 'knowledge centre' providing information regarding mental health in learning disability. The centre will provide information for individuals themselves, their families and front line staff. This is the 'Clear Thoughts' project (www.clearthoughts.info).

Another recent project undertaken by ARC - CAMHS and New Directions in Learning Disability and Ethnicity – the Candle resource is available to download for free from the Clear Thoughts website. The resource offers front line staff information, case studies, good practice examples, exercises and handouts about young people, ethnicity, mental health and learning disability.

For more information or if you have any examples of good practice you wish to share with the 'Clear Thoughts' project please feel free to send these to the project worker david.grundy@arcuk.org.uk or have a look at the website by logging onto the website at www.clearthoughts.info