

clear thoughts

Clear Thoughts

(www.clearthoughts.info) is the name and website address for the 'mental health in learning disability knowledge centre' project.

This is a Department of Health funded project for individuals, their families and carers and front line social care staff. It will give information about mental health in learning disability.

The information is provided in a clear and accessible style.

The Clear Thoughts website gives information on lots of issues about mental health.

These include positive mental health, the differences between mental ill-health and learning disability and on specific issues such as bi-polar disorder, dementia and depression.

The website has information on some of the possible treatments of mental ill-health and related factors such as sensory impairment, autism. Each section of Clear Thoughts has links to files and other helpful websites.

National organisations such as the Valuing People Support Team, the Mental Health Foundation, Mencap, Turning Point and others are active supporters of the project.

If you would like more information about Clear Thoughts, share areas of good practice, or be kept up-to-date with the project then contact the Project Worker - David Grundy (david.grundy@arcuk.org.uk) - or, look at the website www.clearthoughts.info

This project is being run by the **Association for Real Change** – www.arcuk.org.uk.

The final resource from another recent ARC project – **CAMHS and New Directions in Learning Disability and Ethnicity, the Candle Project** – can be downloaded for free from the Clear Thoughts website.