



Community Voices - Mental Health

A South Nottinghamshire ICP Community Engagement Event

Topic overview: Learning disabilities and mental health

The NHS long-term plan is committed to improving mental health services for all people. The plan commits to: increasing the amount of mental health funding being spent on services for children and young people; improving access to talking therapies for people with anxiety, depression and other common mental health problems; access to 24/7 mental health crisis and more mental health support in the community for people with mental health problems.

Evidence suggest that mental health problems may be higher in people with a learning disability than in those without a learning disability.

Mencap reports that there are many reasons why people with a learning disability are more likely to experience poor mental health including:

- Biology and genetics may increase vulnerability to mental health problems
- A higher incidence of negative life events
- Access to fewer resources and coping skills
- The impact of other people's attitudes

Thinking about what you know about mental health support for people with learning disabilities and what we have discussed in the main presentation today, please consider the following questions:

1. Thinking about your local community, and based on your experiences, where do you think the challenges and opportunities for developing mental health services are?
2. What matters most to you when it comes to support for people to manage their mental health and wellbeing?
3. What can we do better?
4. How can you contribute in supporting people across your communities to manage their mental health and access the support they need?

