

# Supporting the mental health and mental wellbeing of adults with a learning disability (Advanced)

## Aim

To provide participants with more in depth understanding of the mental health needs of adults with a learning disability and how to positively support them.

## For

Anyone who provides support for adults with a learning disability.

Participants should have attended the introduction to mental health & wellbeing for adults with a learning disability course within 12-18 months of attending this workshop.

## Content

- Depression
- Anxiety
- Bipolar Affective Disorder
- Schizophrenia/Psychosis
- Personality disorders
- The Care Programme Approach
- Risk in mental health
- Medication & psychological therapies and the role of staff in supporting the person with these
- The legal framework including the Mental Health Act
- The recovery principles

## Learning outcomes

**At the end of the course the participants should:**

- Have an understanding of some common mental illnesses and how they affect adults with a learning disability
- Be able to contribute to the assessment and treatment of mental ill health in adults with a learning disability
- Know about recovery principles and the delivery of specialist mental health care

## Duration

2 days

## Time

9.30am - 4.30pm

## Dates and venue

**8 & 9 July 2020**

**3 & 4 December 2020**

**17 & 18 March 2021**

Venue to be confirmed

[Click here to book a place on this course](#)