

Help Me Use Your Mental Health Service

NHS

I have a learning disability.

Please make some changes to help me.

✓ What might help me



Easy read letters and leaflets

Use clear words and maybe pictures.
Use simple language.

“How can I help you to communicate with me?”



More time to talk

Give me extra time in appointments.
Ask me if I need breaks.

“What can I do to help you understand?”



Check I understand

Please ask if I need help to understand.

“What can I do to help you remember?”



Someone with me

I might need to bring someone with me to help me.

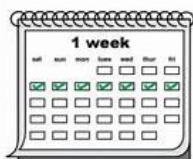


Repeat or write things down

Ask me if it helps when you repeat or write things down.

Please avoid:

- ✗ Long words or fast talking
- ✗ Too many questions at once
- ✗ Noisy or busy waiting rooms
- ✗ Rushing me
- ✗ Not being flexible



Remembering my appointments

Ask me how I want to be reminded of my appointments.



Reasonable adjustments are the law

The Equality Act 2010 says you must make changes to help people with disabilities.

Things that help me to use your service: