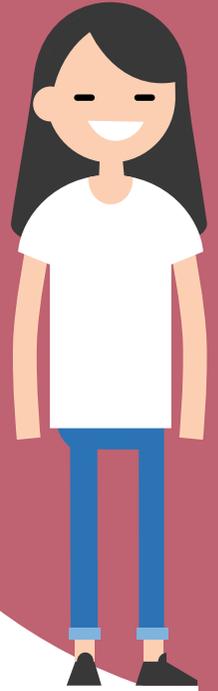


## Emotional Health Service

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# Learning disabilities

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Information for parents

## Contact

### **The Emotional Health Service**

42 York Street, Twickenham TW1 3BW

**T:** 020 8487 5470

### **Opening hours:**

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

**W:** [www.afcinfo.org.uk/emotionalhealthservice](http://www.afcinfo.org.uk/emotionalhealthservice)

## What is the Emotional Health Service Learning Disabilities team?

The Emotional Health Service for Children with Disabilities is a small team of specialist clinicians. We work across Kingston and Richmond. We are part of the Integrated Service for Children with Disabilities.

## What is a learning disability?

Learning disabilities can be divided into two subtypes; General and Specific. Children with learning disabilities progress throughout their childhood but they progress more slowly in their intellectual abilities. This may affect their independence, education and communication. The level of support that a young person may need depends on the individual.

## What does the team do?

We assess and support children with learning disabilities for their mental health needs. The team accepts referrals from families that are working with other professionals within the integrated service. These may be the Community Paediatricians, Speech and Language or Occupational Therapists, Social workers or Family Support Workers. Usually, the school-aged children we work with are in a specialist educational provision.

## What happens in appointments?

Mental health assessments in this service usually involve a series of appointments. In the first instance, we usually meet with parents to discuss the issues and determine some goals for our work together. We will then meet with your child and talk to school. Often, we will visit your child in their educational setting. We can also visit at home. If you are asked to bring your child to visit us, we will help you to prepare your child for the appointment. After the assessment is complete, we will discuss with you the best way forward for you and your child. This may involve direct work with your child or advice for you about how to manage their behaviour.

Some of the interventions we are able to offer include:

- art psychotherapy
- adapted cognitive behavioural therapy
- therapy including elements of mindfulness
- solution focused therapy
- positive behaviour support
- sleeping advice
- fussy eating advice

## Other supportive agencies and resources

[www.sendfamilyvoices.org](http://www.sendfamilyvoices.org)

[www.afcinfo.org.uk/local\\_offer](http://www.afcinfo.org.uk/local_offer)

[www.ruils.co.uk](http://www.ruils.co.uk)

<https://booksbeyondwords.co.uk>

[www.mencap.org.uk/learning-disability-explained/what-learning-disability](http://www.mencap.org.uk/learning-disability-explained/what-learning-disability)