

# Children's Learning Disability Service

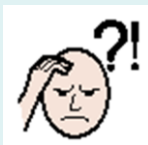
## Information for parents and carers



### Key points



We help children who have a learning disability and live in Portsmouth.



We try to help the children with any problems they may be having.

We provide help for children and young people with learning disabilities who experience behavioural, emotional and / or mental health difficulties.

Our team includes:

- learning disabilities nurses
- clinical psychologist
- child psychiatrist
- occupational therapist
- behaviour support worker
- assistant psychologist.

Any of us might work with you and your child and family depending on their needs.

We are a dedicated team within the Child and Adolescent Mental Health Service (CAMHS). We also work closely with our partnership agencies which include social, voluntary and education services.

We see you in the place that is most helpful to you such as home, school or in our clinic.

Mental health and emotional problems can be experienced by all children including those with learning disabilities.

Some children can't tell us what is wrong but their behaviour might indicate that they are experiencing mental health problems or are perhaps unwell.

Issues relating to mental health include things like:

- anxiety and worries
- feeling low or depressed
- feelings of anger and frustration
- feeling the need to carry out routines or repeat behaviours in certain ways
- a very small number of children might experience more severe mental health problems such as hearing voices.

'Challenging behaviour' is a term used to describe behaviour that can be hard to manage and often causes distress such as:

- aggression
- Self injury
- destructive behaviour
- sexualised behaviour.



## Key points



We watch these children to try and work out why they are behaving in a certain way.



If you would like to talk to us then you can call us on

023 9268 4700

Challenging behaviour can have many causes. Finding out the cause of the behaviour is important if we are to find effective ways of managing it.

This can be a long process that may involve other professionals.

We understand that the families of children with learning disabilities have unique experiences that can affect everyone, including parents, grandparents and siblings.

Any assessment of your child must take these people into consideration too.

Our aims are to:

- Understand the problem in the context of your child's life. This includes school, leisure time, family circumstances and medical diagnosis. We do this by conducting a thorough assessment. This might include observing your child in a variety of settings and discussion with people who know them.
- Work alongside parents and professionals to try to address challenging behaviour or mental health difficulties. We might use a variety of approaches, such as

shaping behaviour, improving communication or addressing emotional issues.

- Make the transition to adult services a smoother process for young people.
- Use the view and experiences of children and young people with learning disabilities and their families to shape the development of our service.

We usually work only with children who attend specialist education but we also offer consultation, information and advice to carers and practitioners in Portsmouth who have concerns about any child with a learning disability.

We accept requests for help from anyone who knows your child including parents, teachers and the young person themselves.

If you would like to know more, please don't hesitate to contact us:

CAMHS Learning Disabilities  
Falcon House  
St James Hospital  
Locksway Road  
Portsmouth  
PO4 8LD

Tel 023 9268 4700.


Please tell us how you feel  
about the services we provide.

If you have a compliment, concern or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Services on **0800 013 2319** or **[Snhs.solentfeedback@nhs.net](mailto:Snhs.solentfeedback@nhs.net)**  
Alternatively, visit: **[www.solent.nhs.uk/contact-us](http://www.solent.nhs.uk/contact-us)**

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