

Hi, we're Sheffield voices

We're a self-advocacy group in Sheffield for people with learning disabilities and Autistic people.



Self-advocacy is speaking up for yourself and issues that affect you, your friends, and your community.

This workbook is about mental health. It's our next big theme, chosen by the community, at the last event.



On the next page

We have what our community has said about mental health support already. Also about how this affects people with learning disabilities and Autistic people differently.

What do you think about mental health support?

It's so hard to get support. It feels like you have to hit rock bottom for anyone to listen

Self-help and mental health support is not easy to understand



Mental health support doesn't understand how my brain works. They don't know how to talk to me

Communication difficulties affect my mental health, I feel like I'm not being listened to.

Carers need to be seen as valuable mental health support. They aren't seen as skilled and that's not right.

We know that mental health is a difficult conversation. We also know people with learning disabilities and Autistic people have different needs.



We want to hear more about your experiences and opinions on mental health support.

We'd like you to look at this workbook as a group, on your own, or with support. We'd like to hear what good support looks like to you.



Please let us know if you can attend our Big Voice event about mental health or any other feedback. The details for the event are on the last page.



What do you think about what other people have said about mental health support?



Have you had a different experience with mental health, or a similar one?



What do you think good mental health support looks like?





If you could have mental health professionals understand one thing about learning disabilities or Autism, what would that be?

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Use this space to tell us other things you want Sheffield Voices to know about.

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The Big Voice meeting



Thank you for filling out this sheet. We will take what you have said to shape what we do next. If you want to tell us anything else later, please email info@sheffieldvoices.org.uk



We will be talking to lots of groups around Sheffield in the next few months. We will then bring what everyone has said together at the Big Voice event to discuss as a group.



Our next Big Voice event will be

When: Friday, January 24th

Time: 10am to 2pm

Where: Sheffield town hall, Pinstone St, Sheffield City Centre, S1 2HH

Refreshments are provided, bring your own lunch, please contact us to book your place.



10.00 am



2 pm



info@sheffieldvoices.org.uk



01142536750



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