

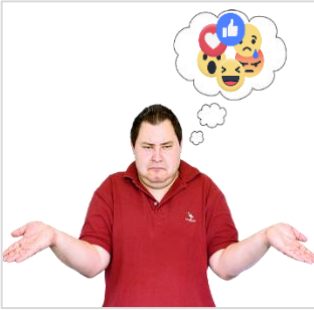


# Psychology

for adults with learning disabilities



# A psychologist can...



- help you to understand your feelings



- help other people to understand your feelings



- help you to know which things you are good at



- help you to know which things you find hard

# A psychologist can help



- if you feel bad about yourself



- if you feel lonely



- if you are getting into a lot of arguments



- the people in your life who support you

# A psychologist can...



- help you to think about good and bad changes in your life



- help you to think about difficult relationships



- help you if you have lost someone or something important to you



- help you if you feel sad, worried or angry a lot of the time

# We can do this by...



- talking with you on your own



- talking with you and your family or staff



- using pictures or drawings



- teaching you new skills and ways to cope

# We can see you at...



- your home



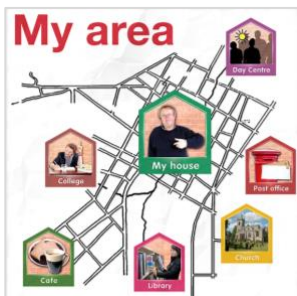
- your college or day service



- 5 Pancras Square



- your GP practice



- a café or library or anywhere else you feel comfortable



# Confidentiality

## and your personal information

CLDS looks after your personal information very carefully



We follow the Government's rules about storing and sharing personal information



We only share your information with other people when

- the rules say we can
- or
- you have said we can
- or
- you or other people may be at risk of harm if we do not



You can find out more about how we use your personal information on the [CLDS website](https://www.camden.gov.uk/about-clds)

[camden.gov.uk/about-clds](https://www.camden.gov.uk/about-clds)



**020 79 74 37 37**



**CLDS  
Camden Town Hall  
Judd Street  
London WC1H 9JE**



**[clds@camden.gov.uk](mailto:clds@camden.gov.uk)**

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