



Guide to Mental Health for Families and Carers of People with Intellectual Disabilities

Geraldine Holt

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A practical and comprehensive introduction for carers to mental health problems, this accessible guide outlines a range of signs and symptoms of mental health problems that can affect people with intellectual disabilities. The guide explains why mental health problems develop, and advises on what can be done to help people with intellectual disabilities and carers themselves. With chapters on specific disabilities such as autism and epilepsy, the authors cover topics such as:

- * treatment and interventions for mental health problems
- * getting the best services and understanding policy around mental health and intellectual disabilities
- * legal issues, for example, what it means to 'give consent'
- * carers' needs and support for carers.

Written with advice from carers and people with intellectual disabilities who use mental health services, this book is an essential resource for all those who care for, and with, people with learning disabilities.

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