



## HOW DO WE GET TO CENTENARY HOUSE?



There is limited parking available in the Centenary House car park, and on-street parking available nearby.



### BUS ROUTES

From City Centre: 17a, 35, 36, 37, 57, 81, 82, 84, 85, 85a



### TRAMS

Infirmary Road stop on Yellow or Blue lines.

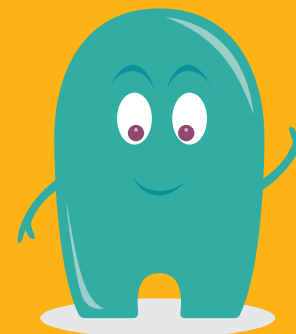
If you receive certain benefits you may be able to claim back your travel costs. Please ask when you come for your appointment.

Learning Disabilities/Mental Health Team  
Centenary House,  
Heritage Park,  
55 Albert Terrace Road,  
Sheffield, S6 3BR

Telephone: 0114 226 2788



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



# LDMH

LEARNING DISABILITIES /  
MENTAL HEALTH TEAM



## WHAT IS LDMH?

LDMH stands for Learning Disabilities and Mental Health. We work with children and young people who have moderate, severe or profound learning disabilities and who also experience mental health problems and/or challenging behaviour.

A learning disability affects the way a person learns and understands new information, as well as the way they communicate and manage independent living. It affects a person across all areas of their life and is a life-long condition.

## WHAT CAN WE HELP WITH?

Some of the problems we can help with include:

- Anxiety
- Anger and aggression
- Repetitive behaviours and routines
- Low mood and poor self-esteem
- Unsettled or disruptive behaviours
- Self-harm
- Psychosis



## WHAT DO WE DO?

We work in a number of ways to support young people and their families.

Consult with professionals in other services (eg. Health, education and social care)

Work together to try and understand a young person's experiences and behaviour

Provide a monthly consultation forum for parents and professionals

Support you to meet your chosen goals

Meet children and families in community settings such as home, school, respite and in clinic

## WHAT DON'T WE DO?

- Crisis intervention
- Direct access to social care and respite beds
- Sitting service/day respite
- Befriending

## MORE INFORMATION

For more information on any of these questions, please visit our website.

[www.sheffieldchildrens.nhs.uk/our-services/camhs](http://www.sheffieldchildrens.nhs.uk/our-services/camhs)



## KNOW YOUR RIGHTS

- We can arrange for an interpreter if you or your family need one
- Let us know if you want or need information in a certain way and we will try to do this
- Our service is confidential and we will discuss with you who we share information with
- Please let us know if you cannot attend so that we can offer your appointment to another family

If you have any complaints or feedback please let us know so we can do our best to put things right:

- We have a comments box in our waiting room
- You can write to: Chief Executive, Sheffield Children's NHS Foundation Trust, Western Bank, Sheffield, S10 2TH.
- Or you can speak to our Patient Advice and Liaison Service on 0114 271 7594.

## WHO WORKS IN OUR TEAM?

We are a small team of professionals with lots of experience in working with people with learning disabilities

CLINICAL NURSE SPECIALISTS

PSYCHOLOGISTS

CONSULTANT PSYCHIATRIST

SPECIALIST THERAPISTS

ADMIN TEAM

