# How to contact us:

## Write to:

**Community Learning Disability Team**
**The Redwoods Centre**
**Somerby Drive**
**Bicton**
**Shrewsbury**
**Shropshire**
**SY3 8DS**

**Email** CLDTShrops@mpft.nhs.uk

**Telephone: 01952 457417**

## IN AN EMERGENCY

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|---|---|
| | Monday-Friday between 9.00am-5.00pm<br>Please phone the Community Learning Disability Team on 01952 457417<br>Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist.<br>If they are not there, ask for the Duty Worker. Someone will talk to you. |
| | On Saturdays, Sundays or Bank Holidays or if it is before 9.00 am or after 5pm:<br>Medical problems call your G.P. (doctor) or NHS 111.<br>Mental Health problems call the Access Team 0300 124 0365.<br>Social Services call 0345 604 2886. |
| | If there is an emergency:<br>If you or another person is very ill, please phone 999 and ask for 'Ambulance'.<br>If you or another person is in danger, please phone 999 and ask for 'Police'.<br>If there is a fire, please phone 999 ask for 'Fire Service'. |

If you require this information in another language or any other format, please contact Customer Services on 01785 783023 or customer.services@mpft.nhs.uk

Adult Learning Disabilities

NHS
Midlands Partnership University
NHS Foundation Trust

# The Adult Community Learning Disability Service




The Redwoods Centre
Shrewsbury



Fuller House Hall Court
Telford

## *Psychiatry*



A psychiatrist is a doctor



The psychiatrist knows how to help people with a learning disability

**They help you with things like:**



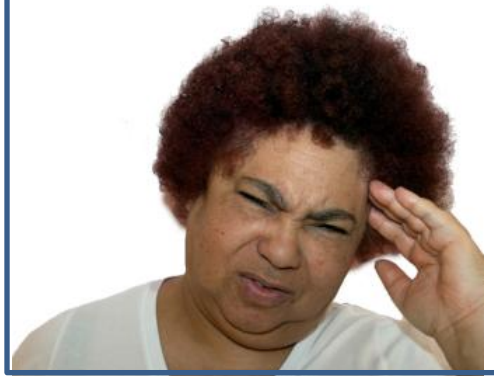
Feeling sad and depressed



Feeling frightened



Feeling worried



The psychiatrist can help with things in your head



The psychiatrist may talk with you about tablets and medicines



The psychiatrist may ask you to have tests