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

	Monday-Friday between 9.00am-5.00pm Please phone the Community Learning Disability Team on 01952 457417 Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist. 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: Medical problems call your G.P. (doctor) or NHS 111. Mental Health problems call the Access Team 0300 124 0365. Social Services call 0345 604 2886.
	If there is an emergency: If you or another person is very ill, please phone 999 and ask for 'Ambulance'. If you or another person is in danger, please phone 999 and ask for 'Police'. 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



Seeing a Psychologist or Counsellor



You may wish to see a Psychologist or a Counsellor.
The Psychology Team can help when you feel:



Worried



Angry



Sad



Upset



Frightened



It is normal to feel like this sometimes, but if you feel like this a lot you may like to talk about it.



We will not give you medicine or tablets.



We will listen to you.



We will talk with you.



You can talk about your life and you feel



If you do not want to see us you can tell us and this will be alright.



You can say “No”.



If yes, where is the best place to meet?

_____

_____



You can stop seeing us whenever you want to.



Which days and times are best for you?

_____

_____

_____

_____

_____



Now we have talked about what we do, would you like to see us?



Thank you for meeting with us today.

