



# HEALTH & WELLBEING

For people with learning disabilities

Everyone has the right to good health and wellbeing. Mental health and wellbeing can affect anyone at any time and this includes people with a learning disability. However, this is often overlooked. This can lead to people with learning disabilities not getting the right support at the right time which can result in isolation and loneliness.

Thriving in Bury have produced two videos to raise awareness of mental wellbeing for those who are part of the learning disability community: Five Ways to Wellbeing for people with a learning disability and Supporting mental wellbeing for people with a learning disability. They can be found on the webpage below.

**[www.TheBuryDirectory.co.uk/mental-wellbeing-LD](http://www.TheBuryDirectory.co.uk/mental-wellbeing-LD)**