Person
- 40.9% people with a learning disability have a mental illness
- Mental illness is often missed: carers may not notice, it may be attributed to the learning disability, the person may not be able to communicate the changes, supervision and support may mean common signs don't appear.
- 2-3 times more likely to report distress, depression, anxiety, suicidal thoughts.
- Schizophrenia is 3 times more common.
- People with Down's Syndrome are less likely to have mental ill-health, although nearly 70% will develop dementia before they are 70.
- People with a learning disability are 5 times more likely to get dementia.
- Obsessive-Compulsive Disorder may be more prevalent but may also be difficult to identify.
- More likely to have mental illness if have severe to profound intellectual disabilities.
- Around half people with autism will engage in "self-injurious behaviour" at some point.

Family & Friends
- Family support and self-advocacy improve psychological well-being.

Environment
- Isolation, bullying and stigma may lead to mental illness.
- People living with paid carer support are more likely to have mental illness.
- Living in a deprived area doesn't increase mental ill health.
- Having no day time occupation doesn't increase mental ill health.
- Socio-economic factors appear to reduce physical health.

Needs
- People with mild learning disabilities who self-harm should be able to access mainstream services.
- People should use mainstream mental health services wherever possible.
- Better access to health services, improved support, early diagnosis and high quality care.
- Anyone with 2 or more long-term conditions and a learning disability should have a named health care coordinator.

Physical health
- On average die 15-20 years earlier than the general population.
- Side-effects of medication may cause mental illness.
- More likely to have diabetes, obesity, depression, be inactive.
- Less likely to receive health checks or advice on diet & exercise.
- Most (over 80%) people with Down’s Syndrome who develop dementia will also get epilepsy.
- Impaired mobility, respiratory and musculoskeletal diseases appear to reduce the risk of mental illness.

Statistics
- 2.32% (14,000) Suffolk people are likely to have any sort of learning disability.
- 1 in 100-125 people are likely to have Autism Spectrum Disorder.
- By 2030, the number of people over 50 with a learning disability using social care services will increase by nearly a third, with the over-80s increasing by 164%.
- 1,795 adults receive support from Suffolk County Council.

Current support
- 54% of adults with a learning disability in Suffolk had a health check in 2016/17 (England 48.9%).

Useful Links
- Autism Spectrum Disorder in Adults (NICE)
- Care and Support of People Growing Older with Learning Disabilities (NICE)
- Learning Disabilities and Behaviour That Challenges (NICE)
- Learning Disabilities: Identifying and Managing Mental Health Problems (NICE)
- Learning Disabilities: Challenging Behaviour (NICE)

Gaps
- A trial of health checks found over half the learning disabled participants had a previously undetected health condition.
- 75% people with learning disabilities and challenging behaviour had at least one undiagnosed/under-treated health problem. In many cases, the behaviour stopped when the physical condition was treated.
- Improve identification & recording of people with learning disabilities.
- Improve access to information about services, service providers and care quality.

Suffolk needs assessments & information
- Transgender and non-binary people and mental health
- People with Learning Disabilities in Suffolk: (Age 14 and over), 2014
- Healthy Suffolk, Dementia topic report.