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# Learning Difficulties

Learning difficulties can present in many ways, and we all learn in different ways. Brain injury can affect thought processes, cause behavioural issues and also prevent new learning.

Autism is a lifelong developmental disability which affects how people communicate and interact with others. They may find it hard to understand how others feel and can get anxious about different situations.

Asperger's Syndrome is a developmental disorder related to autism and is characterised by awkwardness in social settings, and people may become preoccupied with narrow interests.

People with ADHD can experience many mental and physical problems that can affect relationships with others.

Being labelled as having a learning disability or difficulty can change the way you think about yourself, which could impact on your behaviour. Learning difficulties affect people in different ways and many of the problems experienced can be overcome.

The support groups provided within this leaflet are recognised nationally and locally. They understand your needs and can provide support in many ways:

- Employment
- Social care
- Benefits
- Health
- Housing
- Relationships.

During your time in police custody, you were seen by a Health Care Professional from Mitie Care & Custody.

After you have been released from custody, if you are prescribed any medications by your GP, you should continue to take these as you would do usually, unless the Health Care Professional has advised you differently.

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## Contact Numbers

National Support Groups:

Mencap  
0808 808 1111  
[www.mencap.org.uk](http://www.mencap.org.uk)

The National Autistic Society  
0207 833 2299  
[www.autism.org.uk](http://www.autism.org.uk)

Asperger's Syndrome Foundation  
[www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk)  
[info@aspergerfoundation.org.uk](mailto:info@aspergerfoundation.org.uk)

ADHD Foundation  
[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

Headway UK  
0800 800 2244  
[www.headway.org.uk](http://www.headway.org.uk)

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## Patient Confidentiality

Information held by Mitie Care & Custody about our patients is treated in strict confidence, in accordance with our Data Protection, Caldicott and Confidentiality Policy.



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