



Spreading the News Special 20th November 2023

Easy Read STOMP Survey



In this Special Edition of
Spreading the News ...

Carl Shaw, who works
at NHS England in the
Learning Disability and
Autism programme,

... is telling us about an
easy read survey
that asks-



- Autistic people
- People with a Learning Disability

... about the medication you
take for your mental health





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Hello, my name is Carl Shaw,
I am a person with a mild
learning disability

I work at NHS England in the
Learning Disability and
Autism programme

We have made a survey
that asks -

- Autistic people
- People with a Learning Disability

... about the medication
you are taking for your
mental health





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The medications we are talking about are for:



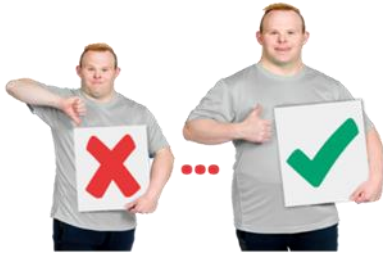
- depression
- psychosis
- bipolar
- anxiety
- sleep
- epilepsy
- ADHD (attention deficit hyperactivity disorder)



... or any medication that is used to help you with behaviour and to make you feel calmer



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What you tell us will help us to make services better



You can complete the survey yourself



Or a family member, carer, advocate or support worker can support you to complete the survey



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The survey will stay open until 26th February 2024



The survey does not have to be completed in one go



You can take breaks and then come back to it later



Some important things I would like to tell you ...
Please turn to next page



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- We won't ask for your name, address or contact details



- You can choose which questions you want to answer



- You can ask someone you trust to help you like your family, friend, advocate or anyone else



Here is the link for the survey, thank you so much for your time and support ...

click



[STOMP and STAMP survey](#)



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If you have any more questions or need some more help, you can email the STOMP and STAMP team at

england.wesupport.stomp@nhs.net



Visit our website - NHS England » Stopping over medication of people with a Learning Disability, Autism or both (STOMP)

click



<https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/>



You might want to ask someone you trust to help



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Thank you very much for taking the time to read this Spreading the News Special, and answering the survey

We at NHS England really appreciate it

Thank you
From Carl Shaw and the STOMP
& STAMP team