

After a diagnosis



If your child gets a diagnosis of a learning disability, you might have some questions you want to ask.



How do I talk to other people about my child's learning disability?

Everyone talks differently about having a child with a learning disability.



Some people like to tell other people lots of information.



Some people just like to say their child has a disability.



Your friends and family might not know much about learning disability.



If they get information and help, it might help them to understand more about learning disability.



Most people that you tell will want to help you and your child.



Who can help me?

It is important that you and your family get the right help if your child has a learning disability.



You might want to talk to:

- friends
- family
- your GP
- a healthcare worker
- a counsellor. (A counsellor is someone whose job is to listen to people and give them advice.)



You might have to see lots of different healthcare workers before and after your child gets a diagnosis.



You can ask each person how they are going to help your child.



Ask them to explain any information you do not understand.



You might want to contact an organisation that supports people with your child's diagnosis.



For more information about some of the conditions your child might have as a diagnosis if they have a learning disability, [visit our learning disability and conditions page](#).



You can also contact the Learning Disability helpline for more information and support:

- email Helpline@mencap.org.uk
- phone 0808 808 1111



You can talk to other families:

- [in our online community](#)
- [in our local groups](#).

[Contact](#) is a charity that gives information, advice and help to parents of disabled children. They can also help you to talk to other families.



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