

Mental health and wellbeing guide for deaf people

Where can I get help and support if I am deaf?

Perhaps you need help because you have already struggled with your mental wellbeing or maybe you have a physical long-term condition?

Mental health is about **how we think, feel and behave.**

Many people have mental health problems and there is no one reason or cause.

Many people don't feel comfortable talking about their feelings, but it's healthy to understand and say how you're feeling.

Everyone reacts differently, but, there are a lot of things we can do to look after our mental health and wellbeing.

It's ok not to be ok all the time and remember, it's okay to say **No!**

It can be stressful trying to do everything!

Do not suffer in silence!
Sharing your problem really helps.

In this guide you will find some useful links to people who can help you in lots of different ways.

Look for **BSL** videos on the Cornwall Council website.



It is important to get help and support. Don't be afraid to ask!
Maybe ask a friend or your GP?

If you need communication support due to your hearing problems contact:

Hearing Loss Cornwall

Email: info@hearinglosscornwall.org

Tel: **01872 225868**

or use **Relay UK** on phone or app

www.hearinglosscornwall.org

Mental health support for deaf people

Royal Deaf Association

Wellbeing Live Chat: www.royaldeaf.org.uk
<https://www.youtube.com/watch?v=gMLm6n4zUaA&feature=youtu.be>

Outlook Southwest

Through the NHS, this service provides mental health therapy for stress, low mood and worry. It also helps people with long term physical health problems. Ask your GP how to get help

Valued Lives

A mental health organisation based in Cornwall. Contact your GP for referral (7 days a week 5pm-midnight)

Pentreath

A charity in Cornwall who promote good mental health through personal development, education and employment. Contact your GP for referral

SHOUT

Anxious? Worried? Stressed? Feeling low?
Text Shout to **85258** for free 24/7 TEXT support in the UK. Text **YM** if under 19

SAMARITANS

email@ jo@samaritans.co.uk

CALM

Campaign against living miserably (CALM) for men
<https://tinyurl.com/Calmzonewebchat>

Childline BSL support

If you are under 19 years old
<https://tinyurl.com/childlineBSLcounselling>

Papyrus – prevent young suicides.

Text service - **07860 039 967**. It is a free, confidential and anonymous service. **Relay UK 18001 0800 068 4141** – free call, possible relay charge. Open 9am- midnight daily.

If texting, good idea to have a safety plan complete
<https://tinyurl.com/papyrushelpline>

We Are With You

Provide free, confidential support to people experiencing issues with drugs, alcohol or mental health.

Webchat: Home - [We Are With You](#)

Text **111 180011** or see

BSL 111 NHS Cornwall video
video - <https://www.youtube.com/watch?v=MtWXfsMBjUE&feature=youtu.be>

999

For emergency police, fire and ambulance.

Don't wait for emergency. Text 'register' to 999 and follow instructions.

All about Me

A recovery package developed by groups of Deaf people to help support Deaf people with mental health problems

<https://tinyurl.com/deafrecoverystaffguidance>

Mental health support for Deaf BSL users

<https://www.youtube.com/watch?v=-b5Vefv8ZOY>

<https://www.youtube.com/watch?v=b-DCELnsyN4>

<https://www.england.nhs.uk/blog/providing-effective-mental-health-services-for-deaf-and-hard-of-hearing-patients/>



<https://www.swlstg.nhs.uk/news-and-events/video-wall/bsl/62-all-about-me-10-domains>

Other help for deaf People in Cornwall

Hearing Loss Cornwall

BSL, Communication Support and Advocacy.
Email: info@hearinglosscornwall.org
www.hearinglosscornwall.org or contact your local interpreter.

Cornwall Home Group

Short term housing and well-being advocacy support.
Email: ElCountywideoutreach@homegroup.org.uk

Adult Social Care

Ask for help from your interpreter, Hearing Loss Cornwall or Citizens Advice.

British Society for Mental Health and Deafness

Guidance and Info – BSMHD – [British Society for Mental Health and Deafness](http://www.bsmhd.org.uk)

Citizen's Advice Cornwall

Offers free, independent, confidential and impartial advice about many things including money, housing, PIP problems. Contact: www.citizensadvice.org.uk or email: info@hearinglosscornwall.org for help to contact them and/or get BSL or communication help.

The Limping Chicken

Read the world's most popular deaf blog
www.limpingchicken.com

BSL Zone

Watch interesting and fun programmes, all in BSL
<https://www.bslzone.co.uk>

Deaf4Deaf

Sign Language counselling and psychotherapy sessions. www.deaf4deaf.com or ask your GP to help with referral.

See good mental health videos:
[https://www.facebook.com/wat](https://www.facebook.com/watch/1019788514740928/980803862351932/)
[ch/1019788514740928/980803862351932/](https://www.facebook.com/watch/1019788514740928/980803862351932/)

SignHealth



BSL videos about health.

[British Sign Language Health Video Library - SignHealth](http://www.signhealth.org.uk)

Cornwall Deaf Community Centre

(known as the Deaf Club) is a great place to enjoy the company of BSL signers or other deaf people and those with hearing loss. It is a social and information hub. Ask for details: cornwalldeafcentre@gmail.com

Disability Cornwall (DIAL)

Provides support across a range of disability enquiries, from health and wellbeing through to money/welfare entitlements, housing, training/volunteering and employment, social/activity opportunities and living independently. Textphone (SMS Only) **07522 970336** or email: info@hearinglosscornwall.org for help to contact or ask your interpreter.

NHS apps

Go online About the NHS App - NHS www.nhs.uk

Hearing Loss Cornwall

HLC can help you with information and access to many services, including communication support. They also provide some community advocacy support and signposting.

Email: info@hearinglosscornwall.org or ask your interpreter to help you contact us. We will be attending the Cornwall Deaf Community Centre on regular occasions.

Hear Me, I'm Here!

Are you a deaf person whose stress bucket is overflowing right now?

Tinnitus, zoom fatigue, visual overload and even accessing your GP through a screen are all having their impact.

There used to be a saying, "An apple a day, keeps the doctor away!" Right now we seem to be suffering from both Apple and "app" overload but some of them can give you a boost as well!

Here's a few ideas:

- In your face? – Yes, it's true, we don't really like looking at ourself all the time and it is actually quite tiring. Why not hide your face, in zoom or teams, so that you can concentrate on other people's lips and use speaker view on the gallery.
- Don't be embarrassed to ask for assurance that the meeting you plan to attend will offer captioning or check out the various PC options.
- Download useful apps onto your phone that will help you such as "Live Transcribe" on android or "Petralex" or "Otter.ai".
- Turn on "Closed Captions" on your windows 10 computer.
- Ask for a copy of notes and or/recording.
- Ask for some time-out if you are struggling to absorb information (probably everyone else wants it as well!).

- Make use of the new products like Alexa and Portals to help boost the visuals.
- Invest in hearing assistive devices for conversation, phone calls etc. "Access to Work" may be able to help you with funding if you are in employment.
- Contact Seetec Pluss if you feel you need a job that will support your hearing loss - <https://www.seetecpluss.co.uk/location/truro-employment-services/>

[What the disability community can teach us about working remotely - Microsoft Accessibility Blog](#)

[Disability Answer Desk | Microsoft Accessibility](#)

British Sign Language (BSL) users, please look for our Mental Wellbeing BSL videos or contact info@hearinglosscornwall.org for communication support.

