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Deaf Studies workshop

Mental Health and Well-being

Mental Health Resources for Deaf People

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What is Mental Health?



How We Think

Our thoughts and feelings matter



How We Feel

Everyone experiences emotions



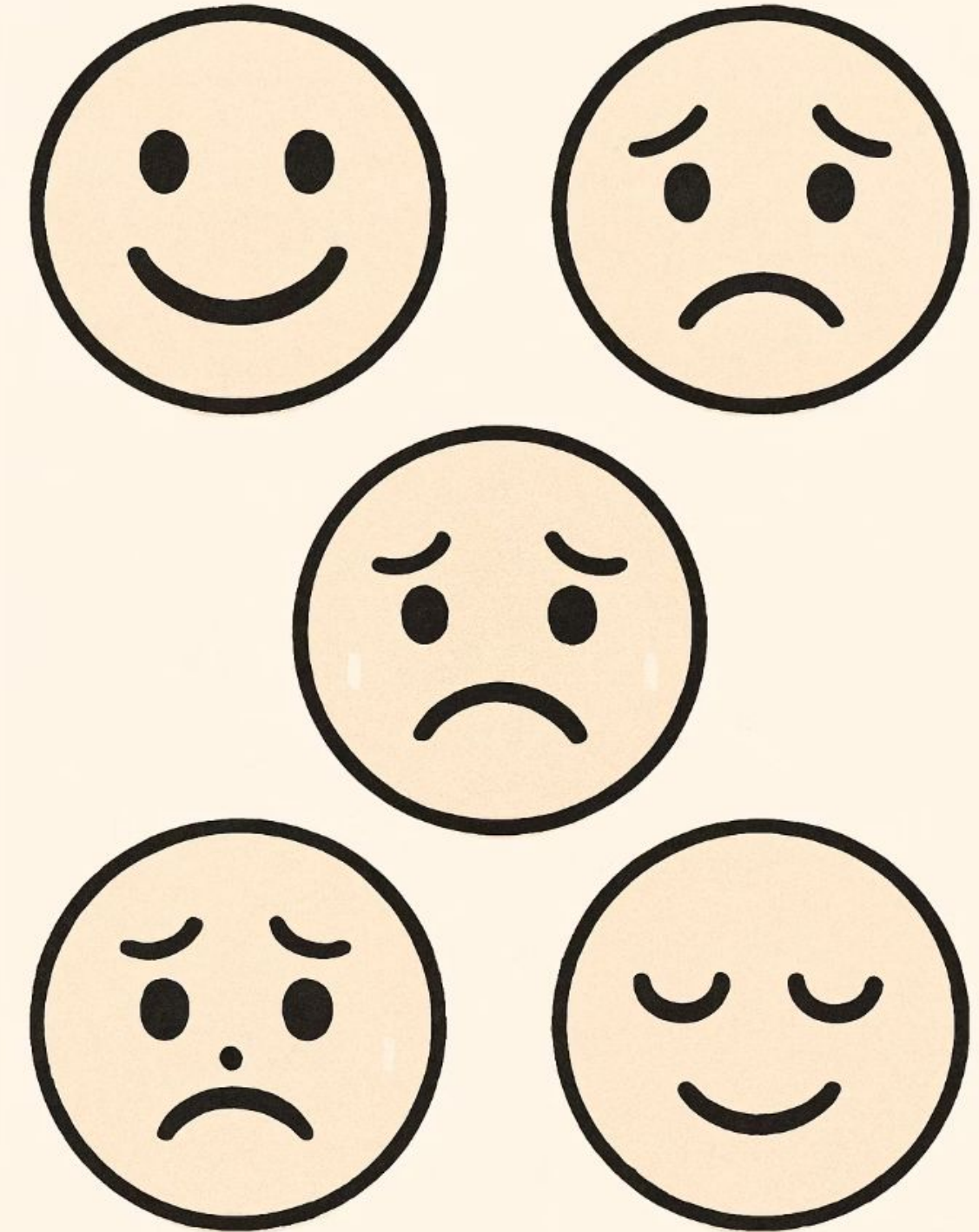
Everyone Has Mental Health

It's part of being human



How We Connect

Relationships with others are important



Source: Image generated by ChatGPT



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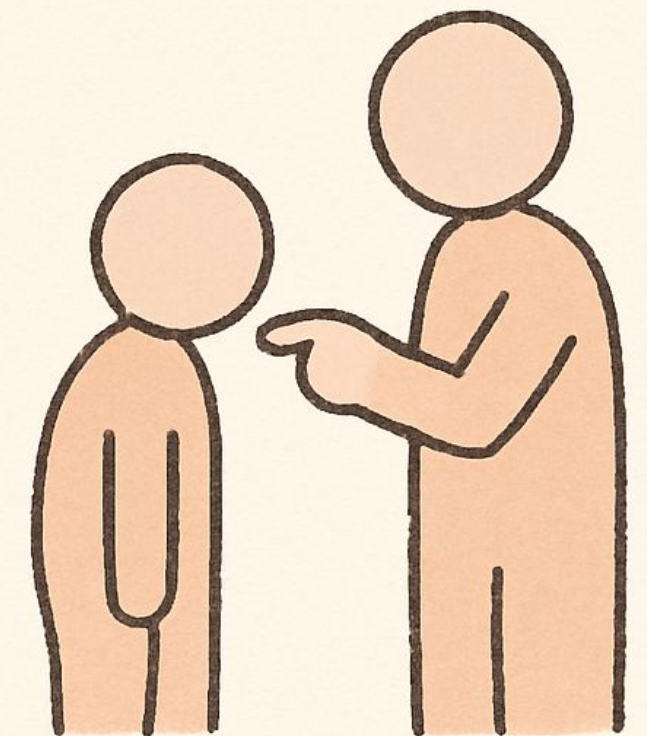
Key Mental Health Terms

■ Stress 🙄

■ Anxiety 😟

■ Depression 😞

■ Bullying 🚫😡



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Challenges for Deaf People

Communication Barriers

No interpreter available. No information in sign language. Hard to find help.

Feeling Isolated

Many Deaf feel alone or misunderstood by hearing services.

Essential Need

Sign language is essential for good mental health support!



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Group Discussion - What Are the Barriers?

1

Share Your Experience

What makes it hard for Deaf people to get help?

2

Communication Impact

How does communication affect getting support?

3

Real Examples

Any stories or examples to share?



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Video - Deaf-Friendly Services

Watch and Learn

Short video showing Deaf-friendly services. SignHealth, Deaf helplines, peer support examples.

Discussion Points

What Deaf-friendly services did you see? What looked helpful?



Resource Mapping - Where Can I Find Help?

Crisis Lines

Emergency text
and video support



Online Help

Digital resources
and support



Counselling

Professional therapy
services



Peer Support

Groups with shared
experiences





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Share & Network

Group Sharing

Each group shows one resource or tip they found.

Add Your Ideas

Contribute your own knowledge and experiences.

Spread the Word

Share information with friends and family.



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Remember These Important Points

It's OK to Ask

Seeking help is normal and brave



Contact Services

Reach out to Deaf-friendly support



You're Not Alone

Support is available for you



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Thank You!



Information Shared

You now have
resources



Community Built

Help by sharing with
others



Stay Connected

Questions? Contact us
anytime



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Contact



www://

<https://deafstudies.eu/>



Deaf Culture, Heritage and Diversity



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Witaf
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