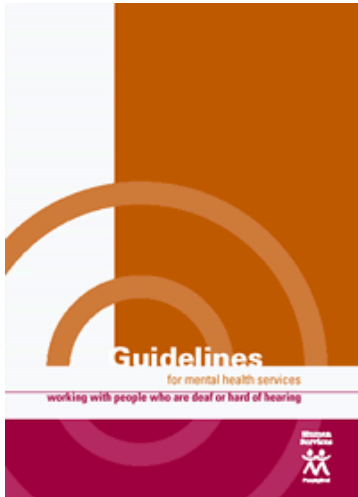# Deaf Mental Health – Some useful Australian & International Resources

Australia/New Zealand

1. **Guidelines for mental health services working with people who are deaf or hard of hearing**
   Victorian Department of Human Services, (2000)

- Aims and Rationale for Guidelines
- Understanding Deafness
- Good Practice Checklist
- Appendix 1: Hearing and Communication Checklist
- Appendix 2: Technology to Assist People Who are Hard of Hearing
- Appendix 3: Definitions
- Bibliography

This publication is available as a downloadable PDF document:

http://www.health.vic.gov.au/mentalhealth/publications/deaf/index.htm

2. **Queensland Deaf Society**
   Mental health information/website for deaf people
   http://www.qds.org.au/mental_health/index.php

3. **Step by Step**
   National Mental Health Education Project for Young Deaf People
   1. Improving Access to Mental Health Services for Young Deaf Australians – Guidelines for Mental Health Service Providers
   2. Parent Information Leaflets –five in the series
   3. The Headwarmer Day Kit – A mental health information day for Grade five and six students

New Zealand

4. **Deaf Mental Health Community Liaison & Support**

http://www.deafmentalhealthservice.org.nz/

Purpose:
- To ensure that the Deaf Community have access to quality mental health services.
- A community support service to Deaf clients and clients with severe hearing impairment.
- Liaison and assessment support.
- To assist Deaf people with long term disabling mental illness to identify and meet their basic needs in relation to community living and empower such people to realise their goals, abilities and potential.

United Kingdom

5.   Reaching Deaf Minds

Reaching Deaf Minds is a promotional campaign by Sign, The National Society for Mental Health and Deafness to reduce the risk of deaf people developing mental health problems by improving access to primary care services.

http://www.reachingdeafminds.org.uk/

6.   A Sign of the Times - Modernising Mental Health Services for people who are deaf

This consultation document sets out proposals aimed at making a significant difference to the lives of Deaf people with mental health problems. **A Sign of the Times** examines the particular challenges faced in delivering these standards to the Deaf community, and identifies some solutions that have emerged from an initial limited consultation with key stakeholders. Each standard raises specific issues, but there are some recurring themes:

- That Deaf people (of all ages) and their carers are disadvantaged when trying to access mental health services.
- That the need for communication support and respect for the cultural diversity of the Deaf community (described conventionally as Deaf awareness) is fundamental to improving their mental health.
- That providing effective mental health services to the Deaf community is more costly than for mainstream services.
- That, when mentally ill, a Deaf person is likely to find a fluent signing environment the most therapeutic
- That service planning is hampered by a lack of knowledge concerning the demographics of the Deaf community nationally (including the numbers in prison and the extent of mental health needs), and the lack of a solid evidence base for specialised clinical interventions.
- That the capacity for service development is limited.

http://www.dh.gov.uk/Consultations/ClosedConsultations/ClosedConsultationsArticle/fs/en?CONTENT_ID=4016951&chk=Pg36fQ

United States of America

7.   PROCEEDINGS OF THE FIRST WORLD CONFERENCE ON MENTAL HEALTH AND DEAFNESS [October 22-24, 1998, Gallaudet University, Washington, DC, USA]

http://mhdeafintl.gallaudet.edu/proceedings1/proc1panel1.htm

8.   E-Michigan Deaf & Hard of Hearing People
http://www.michdhh.org/health_care/mental_health.html