

# South Yorkshire Service for Deaf People with Mental Health Needs

Information for service users



Working in partnership with Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH), Sheffield Health and Social Care (SHSC) and South West Yorkshire Partnership Foundation Trust (SWYFT).

## Why is there a Specialist Service for Deaf People?

About one in four hearing people are likely to have a mental health problem. For Deaf and hard of hearing people this figure is higher. This means that if you are Deaf and have mental health problems, you are not the only one, even though it might feel that way. You may feel worse because the staff who help you are likely to be hearing, and you may have difficulty understanding each other.

You can get help.

## Mental Health Services

There are a lot of different mental health services in South Yorkshire. Most people will go to primary care (their GP) first. Most GP surgeries can offer help for mental health problems, or will refer you to specialist mental health services.

The South Yorkshire Service for Deaf People with Mental Health Needs is part of the specialist mental health services. These are for people with more serious mental health problems. We work with mental health teams to support the care and treatment for Deaf people. We also work with Deaf and hearing carers to support them in looking after their relatives with mental health problems.

## Who are we?

The team includes a clinical nurse specialist and care navigator in mental health and Deafness. All members of the team can sign in British Sign Language (BSL) and have experience of working with Deaf people who experience mental health problems.

## What we do

We work with mental health teams, social services and voluntary organisations to support Deaf people with mental health problems. We will also help with assessments from a Deaf perspective to enable your needs to be met.

We will help you to do things in your life which help keep you physically and mentally healthy. These things may include:

- Being aware of the things in your life that make you feel good and making some positive changes
- Exercise or sport
- A healthy diet
- Having friends
- Talking to others about how you're feeling, not just when things are bad
- Asking for support if you need it.

Looking after your mental health is to do with every part of your life. Different things work for different people. We can try and help you to decide what's best for you.

We will support you by promoting your Deaf identity, to help you feel better about yourself and to live and work as a valued member of the Deaf and wider communities.

If we are working with a non-signing professional, we will ask them to book an interpreter for communication.

## How to contact us

Rebecca Walls

Clinical Nurse Specialist in Mental Health and Deafness

South Yorkshire Service for Deaf People with Mental Health Needs

Mobile/text: 07770 828452

E-mail: [rebeccawalls@nhs.net](mailto:rebeccawalls@nhs.net)

Service hours: Mondays, Wednesday and Fridays 8.30am-2pm; and Tuesdays and Thursdays 8.30am-4.30pm

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

#### Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎ በትልቁ በብሬል ተጽፎ ወይም በቲፕ ተቀድቶ ወይም በሌላ ቋንቋ ተጽፎ ለግድግ የሚፈልጉ ከሆነ የዘወትራዎች ምክርና ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ያጋጥሙ።

#### Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة يرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

#### Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

#### Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

#### Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

#### Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

#### French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

#### Kurdish Sorani

ئەگەر تۆم نام زانیاریانە بە چاڵی گەورە، بریل یان لەسەر شریتی دەنگی دەخوایزیت یاخود نەم بەلگەنامە بە دیگەر زمانێکی دیگەر دەخوایزیت، تکلیف پەمووندی بکە بە خزمەتگوزاری زینمایی و هاوناھەنگی نەخۆشەو بە ژمارە 0800 015 4334.

#### Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

#### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਹਿਣ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

#### Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

#### Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

#### Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیسٹنٹ ایڈوائس اینڈ لیاؤن سروس سے رابطہ کریں۔ 0800 015 4334 پر رابطہ کریں۔

#### Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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