



● **SignHealth Psychological Therapy is a confidential service and accepts referrals from:**

- GPs and other healthcare professionals
- Individuals
- Families
- Social Services
- Voluntary organisations

“Therapy was the best thing I ever did and to see someone who could communicate directly with me face-to-face was such a relief because I didn’t have to struggle to try and understand them or anything. I got a lot from it and have changed my life around. I’m more confident and able to stand up for myself and been able to get back to work”.

SignHealth Therapy Client



**PSYCHOLOGICAL
THERAPY**

● **Contact:**

SignHealth Therapy
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Beaconsfield
Bucks
HP9 2NB

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Fax: 01494 687622
SMS: 07966 976747
Minicom: 01494 687626

e-mails: therapy@signhealth.org.uk
Website: www.signhealth.org.uk

Charity no 1011056

A chance to move on

The SignHealth Therapy Service provides one to one support for Deaf people, helping them to overcome emotional problems.

SignHealth is the national healthcare charity for Deaf people.

A chance to move on



● SignHealth Therapy

SignHealth Therapy is a national service that provides psychological treatments for Deaf* people who use BSL(British Sign Language) as their first or preferred language.

We work in primary care and liaise with non-specialist Primary Care Mental Health Teams and other specialist Deaf Mental Health Services in order to provide an appropriate psychological therapy service for the Deaf individual.

Our aim is to provide a therapist as near to the individual's home as possible.

● Diploma in Integrative Therapy

We are working in partnership with the British Society for Mental Health and Deafness (BSMHD) and Inter-Psyche; a BACP-Accredited training course that is part of Kent and Medway NHS Trust to train culturally Deaf people to become qualified therapists.

The course is delivered and assessed in BSL and, once qualified, the therapists will have completed a course that is on a par with hearing courses.

* Use of the capital D refers to a person who is part of a linguistic minority (BSL) that has its own Deaf culture.

● Why have therapy in BSL?

- Trust is paramount to enable a therapeutic relationship to develop. Working one-to-one with a client in BSL ensures the alliance is developed quickly, allowing treatment to commence within a safe space which utilises time effectively.
- Having a third person (interpreter) in the room potentially means the relationship develops between the client and interpreter and therefore does not encourage positive outcomes.
- Hearing therapists who do not use BSL and have no cultural awareness will miss vital clues when working with a Deaf client which will be a significant disadvantage when trying to give therapeutic space or encourage change.
- Cheaper because no interpreters are needed to attend sessions.

● General Facts

- Over 50% of Deaf people have experienced some kind of abuse as children.
- There are 70,000 Deaf people living in the UK who use BSL as their preferred language.
- One in four culturally Deaf people will experience a mental health problem at some point in their lives. (Statistics from the Department of Health). This equates to 15,000 Deaf people in the UK.
- 95% of Deaf children are born to hearing parents who can struggle to understand their needs.

● How to Refer

There are a number of ways to refer into SignHealth Psychological Therapy Service:-

- Download the referral form from our website
- Complete details below and return to our contact address. On receipt of this we will send you a referral form through the post

Name: _____

Address: _____

Tel No: _____

SMS No: _____

Email: _____



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