

# Deaf Mental Health and Substance Use Resources

## Find Support in your Area

### Finding a therapist:

#### 1) Gallaudet University – Search for providers

Search for Deaf mental health services in your city, state at the website below:

<http://research.gallaudet.edu/resources/mhd/search/>

#### 2) Psychology Today \*\*\*

Search for mental health services on Psychology Today “Find a Therapist” at:

<https://www.psychologytoday.com/us>  
<https://www.psychologytoday.com/us/therapists/asl/pa/philadelphia?sid=60352570d2dae>

After entering your city or zip code, you can choose to filter the results by language to find providers who are fluent in ASL. You can also filter the results by insurance to select providers who accept your specific insurance.

#### 3) National Deaf Therapy (NDT) – Community Connects Directory

Searchable network listing of holistic community healers

<https://www.nationaldeaftherapy.com/providers>

You can search for a variety of different services (i.e. mental and emotional wellness, advocacy, healers, etc.) with various specialties (i.e. substance abuse counselor, telehealth, psychologist, etc.) in different states.

### Deaf teletherapy options:

#### 1) Deaf Counseling Center (DCC)

National experts specifically trained in counseling Deaf people, providing direct therapy services (one-on-one counseling, crisis intervention, therapeutic support groups) in American Sign Language.

<http://www.deafcounseling.com/>

#### 2) National Deaf Therapy (NDT)

Individual, couple, family, and group therapy; community support circles, and community training

Therapy services available in WA, OR, CA, AK, UT, AZ, CO, TX, SD, IA, OH, GA, FL, NC, WV, DC, MD, PA, NJ, MA, NY, VT

<https://nationaldeaftherapy.com/?gclid=EAlalQobChMIkquzt5Da4QIVAcBkCh3nsQtEEAA YASAAEgJ4YfD BwE>

## **Crisis Hotlines:**

### **1) Deaf Crisis Line**

DeafLEAD offers 24-hour crisis lines committed to providing a safe place for you to get the help that you need

Video Phone: 321-800-3323

### **2) Crisis Text Line**

Provides a 24-hour confidential crisis counseling via text messaging.

Text HOME to 741741 for free, 24/7 crisis support

<https://www.crisistextline.org/>

## **Online 12 Step Meetings in ASL, Text, or Interpreted**

### **1) List of Online Recovery Meetings**

Click on the link below to open a list of online recovery meetings in American Sign Language (ASL) or meetings providing ASL interpretation. The list contains the dates, times, meeting links, and descriptions of the meetings.

[https://docs.google.com/spreadsheets/u/1/d/1Dr\\_b3biyXZb6wV8GYM-y79C4yqlpeOtfexde1LR1HAo/htmlview?fbclid=IwAR0sb6M4X1Bycu9bIYMeew1EWFyUvb-cYhswqv6uTCEtAlkCufaycXznMo&usp=mail\\_thread&gxids=7628&urp=mail\\_link](https://docs.google.com/spreadsheets/u/1/d/1Dr_b3biyXZb6wV8GYM-y79C4yqlpeOtfexde1LR1HAo/htmlview?fbclid=IwAR0sb6M4X1Bycu9bIYMeew1EWFyUvb-cYhswqv6uTCEtAlkCufaycXznMo&usp=mail_thread&gxids=7628&urp=mail_link)

### **2) DODA Meetings**

If you go to the link below, you will see a calendar that has the days and times when online meetings occur through Zoom. You just click on the link and join the meeting. At the bottom of that page, is a daily thought/meditation in ASL. You can watch a different one every day of the year.

<https://www.sardiprogram.com/dodameetings/>

### **3) OMD – Minnesota AA Group (ASL interpreted)**

A 2-hour Big Book study with ASL interpreters on Wednesdays at 7PM central/5PM pacific.

<https://zoom.us/j/2242615853>

### **4) Online Intergroup of Alcoholics Anonymous for the Deaf and Hard-of-Hearing \*\*\***

Online Directory of 12-Step Meetings – ASL or ASL interpreted options

<https://aa-intergroup.org/oiaa/meetings/>

\*\*\* LINKS UPDATED

