



Good Mental Health is Important No Matter What Language You Use!

People who want counseling at a Community Mental Health Center should receive the services of certified, licensed interpreters free of charge for intakes (first appointments), therapy, case management, psychiatry, and other services.

Some areas also have therapists who are fluent in American Sign Language and know about Deaf culture. Accommodations will also be made for people who are Hard of Hearing or Deaf-Blind.

How Do People Pay for Counseling?

Counseling, or therapy, is paid for through private insurance, Medicaid, Medicare, or, sometimes, individuals themselves (self-pay). Ask about interpreters and payment when making the first appointment.

Counseling and Mental Health Services May Include Many Things ...

- Individual, Family, or Group Sessions
- School-Based Services
- Classes to Learn new Skills
- Individual Plans to Meet Each Person’s Needs

The Division for Behavioral Health’s DHHS Staff also Enhances Access to Services By Providing...

- Interpreter Reimbursement for Community Mental Health Centers
- Free Training Opportunities for Mental Health Professionals and Interpreters on adapting services for consumers with hearing loss
- Free Workshops for the Deaf community on mental wellness, taking care of yourself, and other requested topics
- Information and referral to resources to help people who are Deaf or Hard of Hearing receive the services they need

DEAF & HARD OF HEARING SERVICES

**Kentucky Department for Behavioral Health,
Developmental and Intellectual Disabilities
100 Fair Oaks Lane, 4E-D
Frankfort, KY 40621**

**(502) 564-4000 (VP)
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**KY Division for Behavioral Health
Deaf and Hard of Hearing Services**



Did You Know?

Counseling Can Help

People

Learn New Skills

&

Have A Better Life!

We All Need Skills to Face Life's Challenges!

Sometimes life is hard. Work. School. Family. Money...We all face challenges in life. Counseling can be a way to learn new skills, to find new ways of solving life's problems or learning to have a new attitude and different reactions to what happens inside and around us. Open this brochure to see how counseling can help!



Having Hope and Solving Problems



- Asking for help and finding people who care
- Stopping behavior that may hurt ourselves or others like...
 - * Drinking or using other drugs
 - * Fighting with people
 - * Getting in trouble at work, school, or home
- Starting to do new things like...
 - * Making good decisions
 - * Feeling strong and able
 - * Asking for what you need
 - * Taking care of yourself
 - * Handling Stress
 - * Having success in life

Sharing Stories, Getting Support, & Building Skills

- Having a safe place to discuss concerns, thoughts, & feelings
- Learning to connect and get along with others
- Building skills to handle times when you feel sad, angry, worried, frustrated, or overwhelmed
- Recovering from depression, anxiety, or trauma
- Knowing that you are not alone and hard times do not last forever
- Finding ways to handle hearing loss, disabilities, and other issues in life
- Getting resources to help with everyday needs

