



Mental Health Resources

SIGNHEALTH- <https://signhealth.org.uk/with-deaf-people/psychological-therapy/therapy-service/>

They provide services for BSL users such as psychological Therapy/ Domestic Abuse Support/ Social Care/ Advocacy.

FILMTVCHARITY- <https://filmtvcharity.org.uk/get-support/mental-health-wellbeing/>

They provide services for people who are in Film/TV industry. Service such as financial, legal, disability, mental health, wellbeing services and professional/personal development.

MINDUK -<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/>

(Supports people with mental health problems and raise awareness)

FIRSTOPTION - <https://data-firstoption.group/your-wellbeing/>

(Supports behind the screen roles wellbeing)

Charities

DIRECTORS CHARITABLE FOUNDATION - <https://www.directorscf.org/>

Director Support Scheme offers short term grants for directors including mental health

DEAFPLUS <https://www.deafplus.org/>

They support deaf people through personalised services like advocacy, employment support, assistive equipment, and community inclusion, helping them live more independent and equal lives.

INCLUSION LONDON- <https://www.inclusionlondon.org.uk/services-and-support/funding/funders-with-disability-amongst-their-priorities/>

They are a disability rights organisation across London who provides grants, training, and advocacy to strengthen inclusion, equality, and independent living.

If you are a deaf-led organisation or charity and wish to be mentioned, please get in touch.

