



## Mental Health Services for Deaf and Hard of Hearing Youth and Families



### *Who are we?*

PAH! provides free virtual and in-person specialized mental health services for Deaf and hard of hearing children, youth, and families and hearing children of Deaf adults. We support any level of hearing loss, the use of any type of assistive device, and respect any choice of communication. The PAH! program is offered by the Bob Rumball Canadian Centre of Excellence for the Deaf.

- American Sign Language (ASL)
- ASL/English Interpreters
- Spoken Language Interpreters
- Deaf Interpreters

### Did you know?

In American Sign Language (ASL) PAH! means “Finally!” or “At last!” PAH! expresses a sense of joy mixed with relief that the mental health needs of children and families within the Deaf and hard of hearing communities are being addressed.



# Breaking down barriers for Deaf and Hard of Hearing Youth and Families

## Who is eligible for PAH!?

- Deaf and hard of hearing children and youth (birth to 18) and their families
- Hearing children and youth (birth to 18) of Deaf parents / caregivers
- Students attending Schools for the Deaf in Ontario to age 21



PAH! staff are trained professionals who can help with problems such as:

- School Issues
- Isolation
- Grief Counselling
- Relationship Issues
- Separation and Divorce
- Depression / Anxiety / Worries
- Bullying / Cyberbullying
- Self-harm
- Physical/Sexual Abuse
- Family Conflict
- Family Communication Challenges
- Questions about Identity



## Our services include:

- Individual Therapy
- Family Therapy
- Group Therapy
- Parent/Sibling Support
- Service Coordination
- Advocacy
- Training and Education
- Consultation with other Agencies providing service to Deaf Clients



**For more information or to make a referral, please contact us:**

Email: [pah@bobrumball.org](mailto:pah@bobrumball.org) Skype: [Pah\\_Milton](https://www.skype.com/name/Pah_Milton) [www2.bobrumball.org/mental-health/](http://www2.bobrumball.org/mental-health/)