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Mental Health and Seeking Psychological Support

UNIT 5



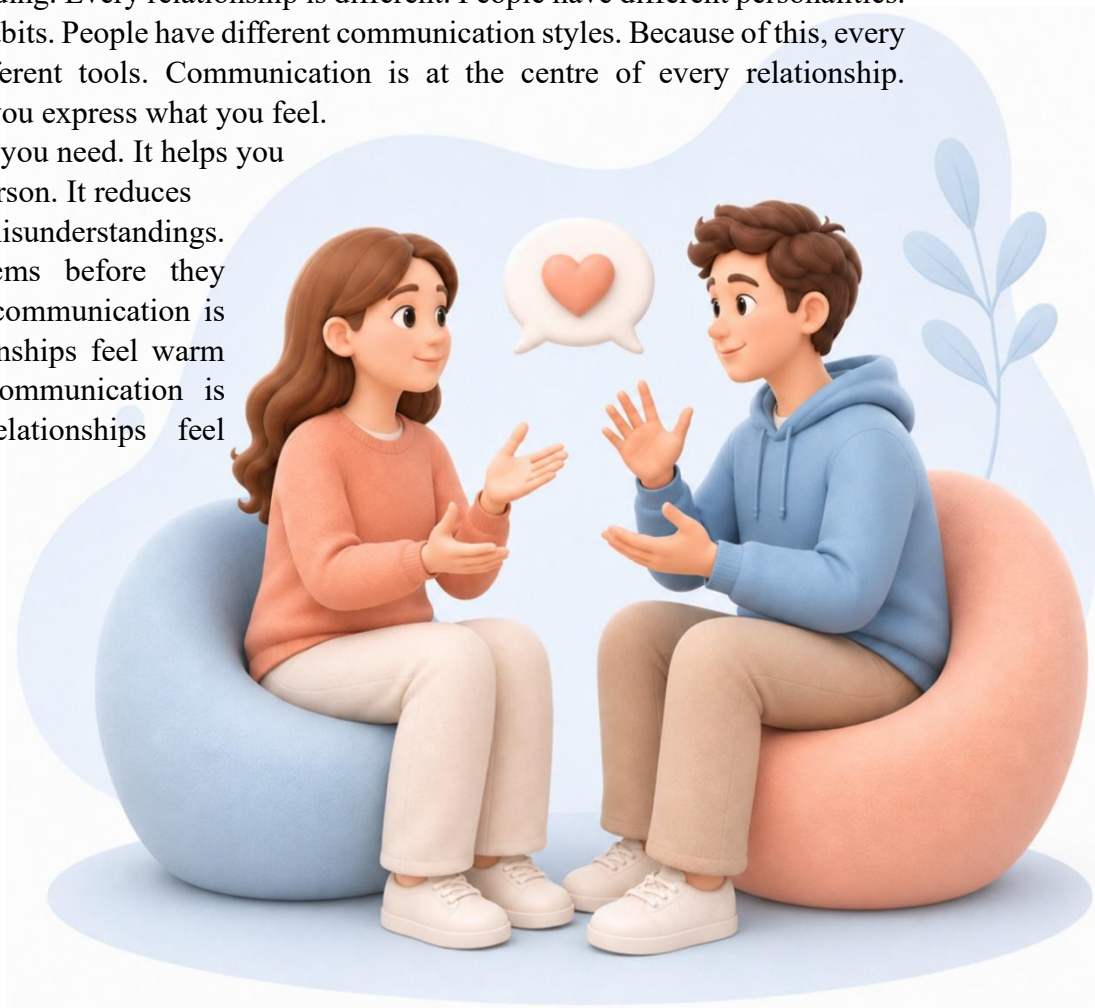


Theme 5:

Mental Health and Seeking Psychological Support

Healthy relationships are an important part of every person's life. People need connection. People need care. People need understanding. Healthy relationships help you feel supported. They help you feel steady inside. They help you feel more confident. Relationships give comfort, safety and belonging. They also help you grow emotionally and socially. A strong relationship can help you during difficult moments. It can give you strength when life feels overwhelming. It can help you stay calm when situations change fast. Relationships are built slowly. They take time. They take patience. They take communication. They take honesty and effort. They grow when people listen to each other. They grow when people respect each other. They grow when people express their needs clearly. They stay strong when both people show kindness and understanding. Every relationship is different. People have different personalities. People have different habits. People have different communication styles. Because of this, every relationship needs different tools. Communication is at the centre of every relationship. Communication helps you express what you feel.

It helps you show what you need. It helps you understand the other person. It reduces confusion. It prevents misunderstandings. It helps solve problems before they become larger. When communication is open and clear, relationships feel warm and trusting. When communication is unclear or tense, relationships feel stressful and uncertain.





For deaf adults, communication is especially important. Deaf people communicate visually. They need clear line of sight. They need calm movement. They need direct eye contact. They need proper lighting. They need time to follow the conversation. Because communication depends on visual access, relationships can be affected by the environment. If a room is too dark, communication becomes harder. If someone turns away while speaking, communication breaks. If someone signs too fast, emotions may rise quickly. These challenges can create frustration or emotional tension. Healthy relationships require understanding these communication needs. They require patience. They require empathy. They require flexibility. When both people communicate clearly, misunderstandings decrease. When both people respect each other's needs, relationships strengthen. When both people respond with calmness, conflicts become easier to repair. Healthy relationships help people feel heard, respected and valued.

That is why this theme is essential. It gives deaf adults tools to build strong, stable, safe relationships. It teaches communication strategies that work in visual and mixed environments. It teaches emotional tools that reduce stress. It teaches conflict skills that protect relationships.

Theme 5 focuses on three major areas:

1. Understanding Healthy Relationships
2. Clear and Effective Communication Skills
3. Conflict Resolution and Repair

Each topic builds on the previous one. Each topic gives simple tools. Each topic uses short sentences for easy comprehension.

Healthy relationships are possible at any age. They require practice. They require patience. They require emotional awareness. They require communication skills. Anyone can learn these skills. Anyone can improve their relationships.





Topic 1 Understanding Healthy Relationships:

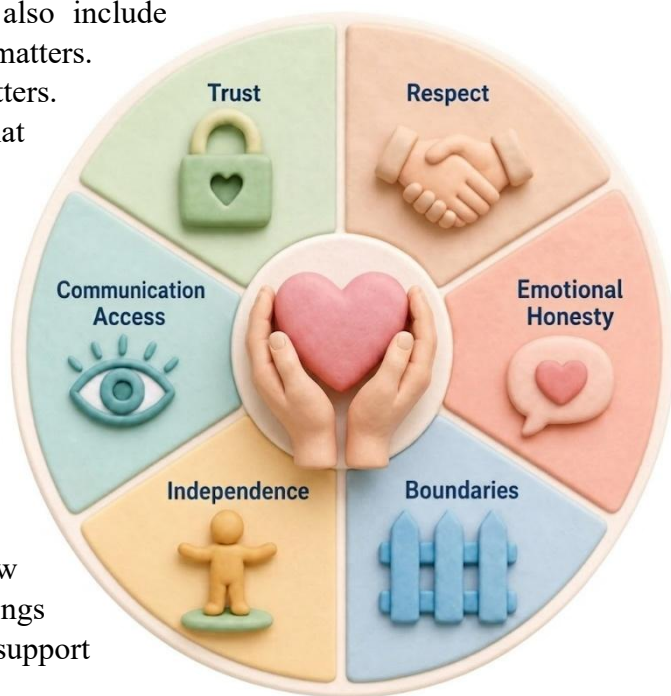
Healthy relationships feel safe. They feel warm. They feel steady. They feel balanced. In healthy relationships, people can express themselves without fear. They can talk about needs openly. They can share their emotions honestly. They can ask for help when needed. They can say no when necessary. A healthy relationship gives space for both people to exist as individuals. It does not restrict. It does not control. It does not pressure. It does not silence. A healthy relationship includes trust. Trust grows slowly. Trust grows through consistent actions. Trust grows when someone keeps their word. Trust grows when someone is reliable. Trust grows when someone listens carefully. Trust grows when someone respects boundaries. Trust makes relationships feel comfortable. It helps people relax. It helps people feel safe to be themselves. Without trust, relationships feel tense and uncertain.





Healthy relationships also include respect. Respect means treating the other person with dignity. Respect means listening without interrupting. Respect means valuing different opinions. Respect means understanding that people communicate in different ways. Respect means recognising that every person has limits and needs. Respect is shown through body language. It is shown through tone. It is shown through signing style. It is shown through patience. Respect makes relationships strong and peaceful. Healthy relationships require emotional honesty. Emotional honesty means sharing feelings calmly. It means being open about needs. It means not hiding emotions. It means not pretending everything is fine when it is not. Emotional honesty helps people feel close. It helps people trust one another. It reduces confusion. It prevents small issues from growing into bigger problems. Emotional honesty builds deep connection. Healthy relationships also depend on boundaries. Boundaries protect emotional health. They protect time. They protect energy. Boundaries help people feel safe. They help people avoid stress. They show what is acceptable and what is not. Boundaries are not about pushing people away. They are about creating balance. When boundaries are respected, relationships are healthier and more stable. Healthy relationships also require independence. Independence means having your own identity. It means having your own interests. It means keeping your own routines. It means not depending completely on another person. Independence gives freedom. It reduces pressure. It creates balance between togetherness and personal space.

For deaf adults, healthy relationships also include communication access. Clear signing matters. Eye contact matters. Lighting matters. Environment matters. It is important that both people adjust to each other's communication needs. When communication is visually accessible, relationships feel equal. When communication is blocked, misunderstandings grow and tension rises. Healthy relationships grow when both people choose kindness. They grow when both people show understanding. They grow when both people communicate openly. They grow when both people repair misunderstandings quickly. They grow when both people support each other with care.





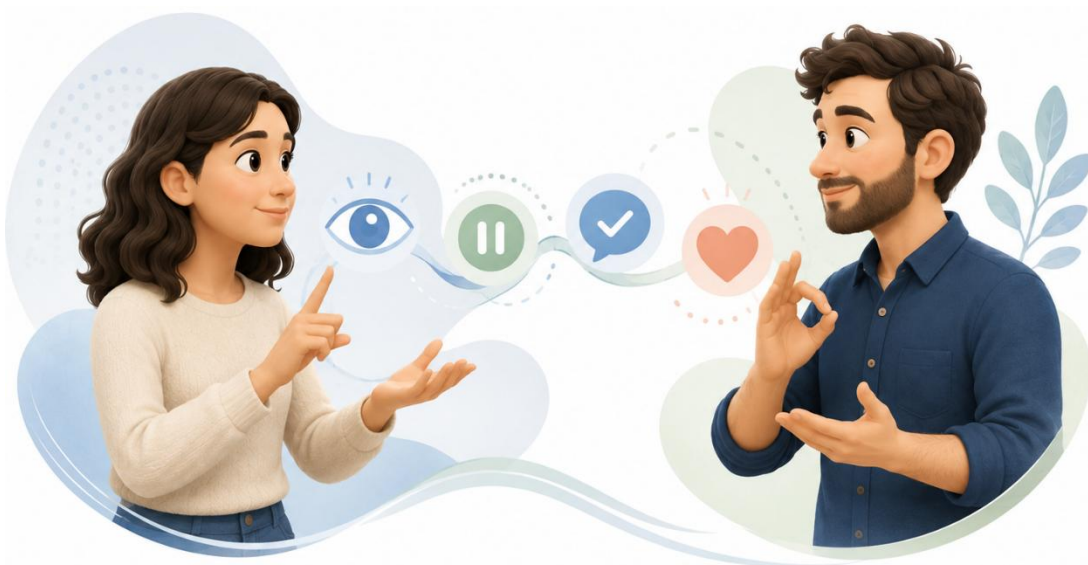
Topic 2 Clear and Effective Communication:

Communication is the heart of every relationship. It influences emotions. It influences behaviour. It influences connection. Communication helps people understand each other's needs. It helps people build trust. It helps people feel close. When communication is clear, relationships feel strong. When communication becomes unclear, relationships feel unstable. That is why effective communication is essential.

Effective communication begins with attention. Attention means being fully present. It means facing the person directly. It means removing distractions. It means putting down the phone. It means giving your full focus. For deaf adults, attention is even more important. People need to see each other's hands, eyes and facial expressions. They need proper lighting. They need visual space. Without attention, communication breaks instantly.

Clear communication also depends on clarity. Clarity means using simple sentences. It means expressing one idea at a time. It means signing at a comfortable speed. It means pausing between ideas. It means checking if the other person understood the message. Clarity prevents emotional overload. It reduces misunderstandings. It keeps conversations calm and stable.

Communication also involves emotional awareness. Emotional awareness means noticing your own mood before communicating. It means understanding how your emotions affect your signing. It means noticing the other person's emotional signals. Emotions appear in body language. Emotions appear in signing speed. Emotions appear in facial expressions. When communication is emotionally aware, people can adjust their tone. They can adjust their speed. They can adjust their approach. This makes conversations more respectful and peaceful.



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Assertive communication is an important part of healthy relationships. Assertiveness means expressing needs clearly. It means expressing feelings calmly. It means speaking honestly without attacking. It is not aggressive. It is not passive. It is balanced. Assertive communication uses statements like “I feel...”, “I need...”, “I prefer...”. These statements make conversations safe and clear.

Effective communication also includes summarizing. Summarizing helps check understanding. It shows that you listened carefully. It helps prevent confusion. Summaries can be short, such as “So you mean...” or “Let me make sure I understand...”. Summarizing is very helpful in deaf-hearing interactions. It helps both people stay on the same page.

Visual communication tools are also important. Deaf people often use writing, drawing, texting or pointing to explain details. These tools reduce confusion. They support communication in noisy places. They help when lighting is poor. They make conversations easier when the topic is complex.

Repairing misunderstandings is a final part of effective communication. Misunderstandings happen to everyone. They are normal. Repair means acknowledging the confusion. It means clarifying. It means repeating. It means apologizing if needed. Repair keeps relationships strong. It prevents emotional distance. It brings people back to understanding.

Effective communication is not a one-time skill. It is a lifelong skill. It develops over time. It becomes stronger with practice. It helps relationships stay stable, connected and emotionally safe.



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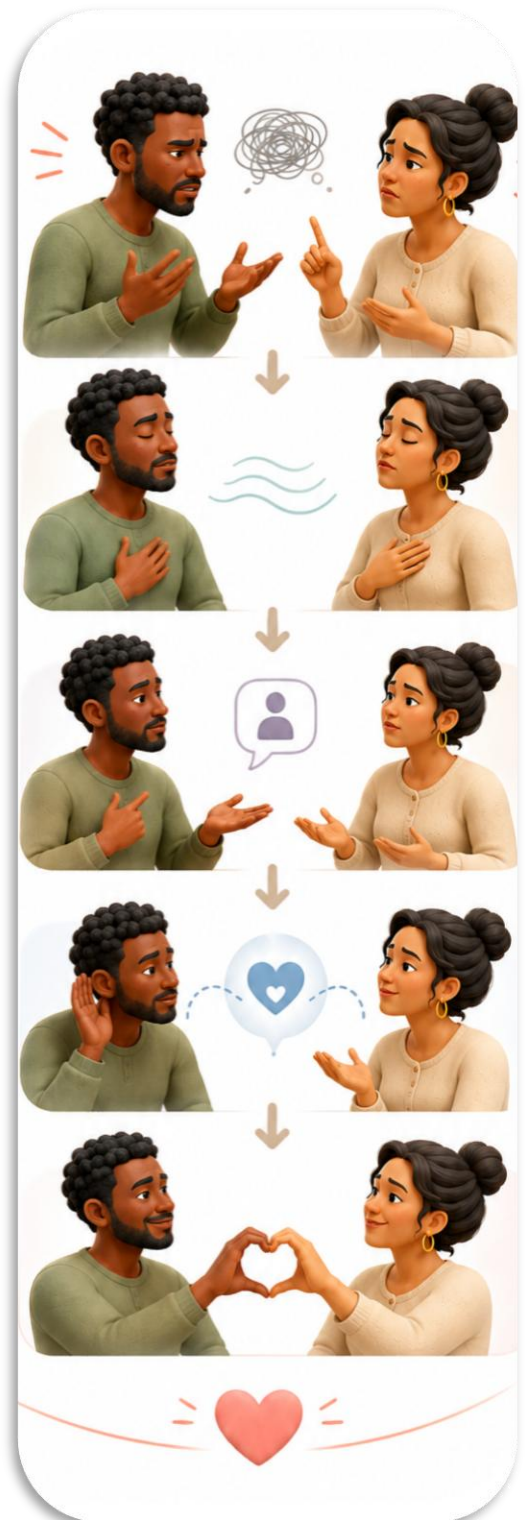
Topic 3:

Conflict is a natural part of all relationships. It happens when people have different needs. It happens when people misunderstand each other. It happens when people feel tired, stressed, or overwhelmed. Conflict does not mean the relationship is bad. Conflict means two people care enough to express their needs. Healthy relationships do not avoid conflict. Healthy relationships handle conflict with respect, calmness and care.

Resolving conflict begins with pausing. Pausing gives space. Pausing prevents emotional reactions. Pausing helps both people breathe. Pausing allows the mind to settle. When emotions rise, signing may become fast or strong. Body language may become tense. A pause helps reset the situation. It reduces tension. It creates safety.

Conflict resolution also requires using “I” statements. “I” statements reduce blame. They express feelings without attacking. They explain needs respectfully. They open a safe space for conversation. Examples include: “I feel hurt when...”, “I get stressed when...”, “I need more clarity.” These statements help people stay calm. They help people stay connected.

Listening is another key part of conflict resolution. Listening means giving full attention. It means not interrupting. It means letting the other person finish. It means showing empathy. Deep listening helps people feel understood. It reduces anger. It lowers defensiveness. It allows both people to feel heard and valued.



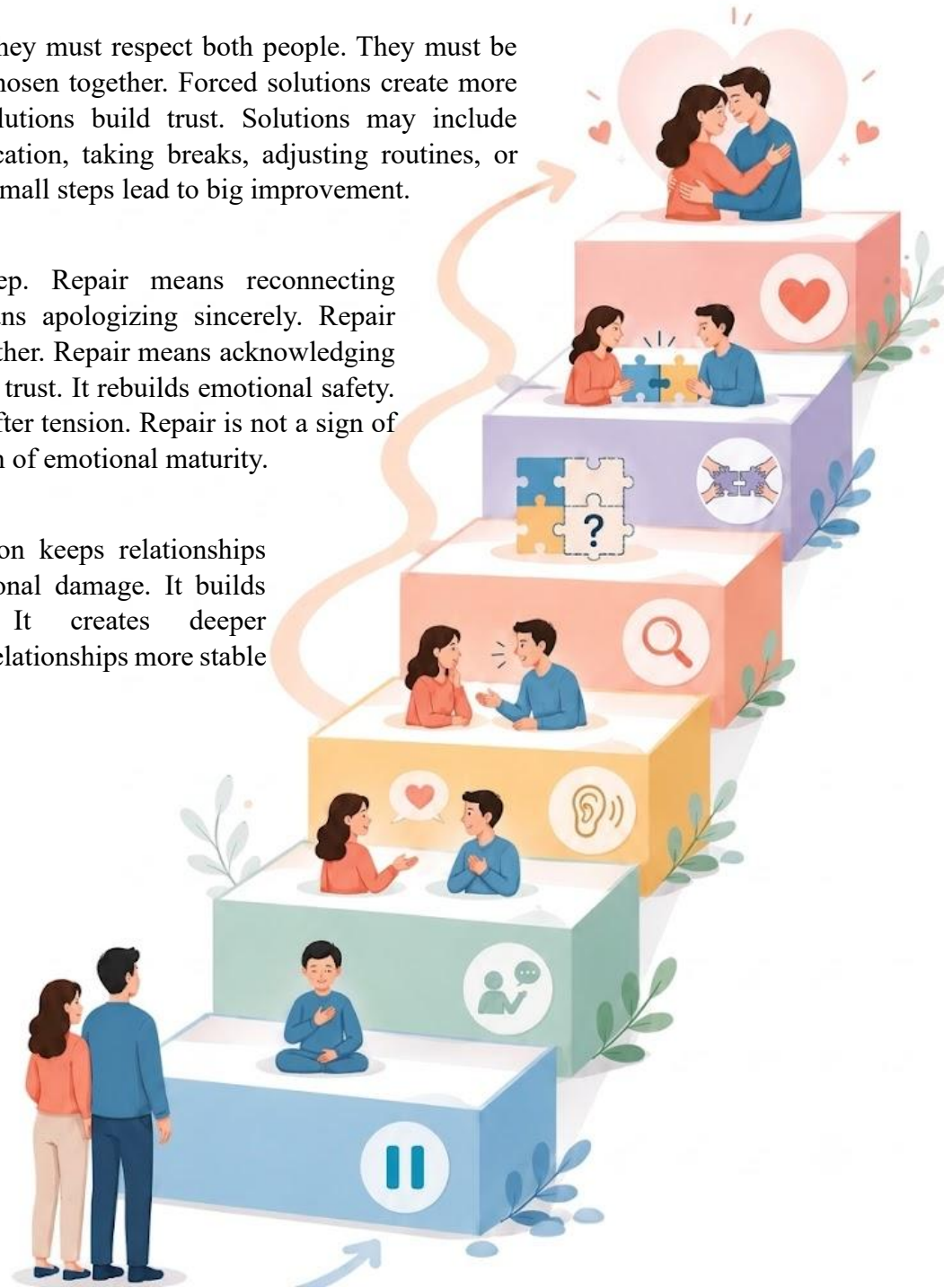


Finding the real issue is important. Sometimes people argue about small things. But the true reason may be deeper. It may be emotional exhaustion. It may be stress. It may be past experiences. It may be fear. It may be confusion. It may be unmet needs. When the deeper issue is identified, conflict becomes easier to resolve. Solutions become clearer and more effective.

Solutions must be fair. They must respect both people. They must be realistic. They must be chosen together. Forced solutions create more conflict. Cooperative solutions build trust. Solutions may include slowing down communication, taking breaks, adjusting routines, or checking in more often. Small steps lead to big improvement.

Repair is the final step. Repair means reconnecting emotionally. Repair means apologizing sincerely. Repair means comforting each other. Repair means acknowledging effort. Repair strengthens trust. It rebuilds emotional safety. It heals the relationship after tension. Repair is not a sign of weakness. Repair is a sign of emotional maturity.

Healthy conflict resolution keeps relationships strong. It reduces emotional damage. It builds emotional resilience. It creates deeper understanding. It makes relationships more stable and loving.





Final Summary

Theme 5 gives a complete and detailed understanding of what makes relationships healthy and how people can communicate effectively, calmly and respectfully. It shows that healthy relationships are built gradually, step by step, through trust, respect, emotional honesty, mutual support, independence and clear boundaries. Healthy relationships create safety and stability. They allow people to express themselves openly and honestly without fear of judgment. They allow people to ask for help, to say no, and to share feelings in a calm way. The theme teaches that relationships grow when both people take time to understand each other, when both people listen carefully and when both people respond with patience, empathy and care. It explains that respect is not just about words but also about tone, body language, attention and how people adjust to each other's communication needs. Trust grows when people are reliable, consistent and emotionally available. Emotional honesty is essential because it helps people feel close, reduces misunderstandings and prevents small issues from becoming bigger problems. Boundaries protect emotional health and personal space. Independence helps people maintain their identity and balance within the relationship, reducing pressure and dependence.



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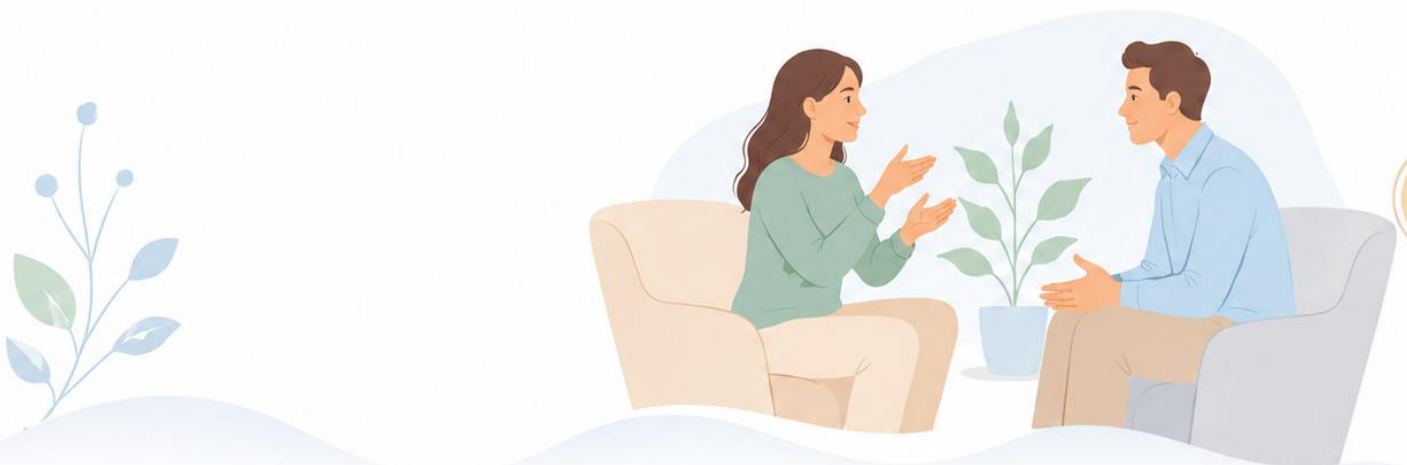
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The theme emphasizes that communication is at the center of every healthy relationship. Communication is more than words. It includes visual signals, gestures, signing style, facial expressions, body language and timing. For deaf adults, visual communication is especially critical. Attention, eye contact, clear signing, proper lighting and calm pacing are necessary for effective understanding. Emotional awareness is also essential in communication. Noticing one's own feelings and the other person's emotional signals helps prevent misunderstandings. Assertive communication allows people to express needs and feelings clearly without attacking or blaming. It teaches the importance of statements like "I feel...", "I need...", and "I prefer...". Summarizing and clarifying help both people stay on the same page. Visual communication tools such as writing, drawing, texting, or pointing can support understanding when signing or environmental conditions make communication difficult. Repairing misunderstandings is a key skill. Acknowledging mistakes, clarifying messages and apologizing when necessary helps rebuild trust and maintain connection.

Conflict is a natural part of every relationship. Theme 5 explains that conflict does not mean a relationship is failing. Instead, conflict provides an opportunity for growth and deeper understanding. The theme teaches practical strategies for managing conflict. Pausing gives both people time to calm down and prevents impulsive reactions. Using "I" statements allows feelings to be shared respectfully without blaming. Listening carefully and empathetically helps people feel understood and reduces tension. Identifying the true issue behind a disagreement ensures that solutions are meaningful and fair. Cooperative problem-solving, small compromises and clear agreements build trust and emotional safety. Repairing after conflict, through clarification, apology, reassurance and reconnecting, strengthens the relationship and creates resilience. The theme also shows that managing conflict successfully supports emotional well-being and reduces stress, making communication and connection smoother in daily life.





By exploring all three topics, Theme 5 provides practical tools, strategies and insights for building stronger, more stable and emotionally safe relationships. It emphasizes the importance of patience, practice and continuous effort. Healthy relationships require understanding, empathy and flexibility. They require awareness of one's own feelings and the ability to respond calmly. They require clear communication, visual access and attention to the needs of others. They require cooperation during conflicts and intentional repair afterward. The theme highlights that relationships are dynamic. Emotions change. Situations change. People change. Relationships thrive when people apply these skills consistently and with care. Theme 5 teaches that every person can develop these skills over time. It reassures that small steps make a difference. Learning to listen, express feelings, set boundaries, communicate clearly and resolve conflict respectfully leads to long-term growth and connection. The theme provides guidance not just for avoiding misunderstandings or conflicts, but for actively creating relationships where people feel valued, supported and understood.

In conclusion, Theme 5 shows that healthy relationships are the foundation of emotional strength and well-being. It demonstrates how communication, trust, respect, emotional honesty, boundaries, independence and repair work together to create stable and loving connections. It gives deaf adults tools to manage interactions in visual and complex environments. It gives strategies to navigate misunderstandings calmly and thoughtfully. It emphasizes the importance of practice, patience, and self-awareness. Theme 5 ultimately teaches that relationships are a shared journey. When both people commit to understanding, listening and caring, relationships become safe, fulfilling and resilient. By learning and applying the ideas in this theme, people can develop deeper connections, reduce stress, prevent conflicts from escalating and create relationships that support personal growth, confidence and long-term emotional stability.



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★ Learning Notes

These learning notes show the key ideas from Theme 5. They make the information easier to understand. They help learners remember the most important points.

1. Healthy Relationships

Healthy relationships grow slowly through trust, respect, emotional honesty, support, independence and boundaries. They create safety and stability. People can express feelings, ask for help and say no. Relationships grow when both people listen carefully and respond with patience and empathy.

2. Emotional Honesty

Emotional honesty means sharing feelings calmly and openly. It helps prevent misunderstandings and strengthens connection. Being honest does not mean attacking or blaming. It allows relationships to feel safe and supportive.

3. Boundaries and Independence

Boundaries protect emotional health and keep relationships balanced. Independence allows people to keep their identity while staying connected. Both are important to prevent stress and maintain personal and emotional space.

4. Clear Communication

Communication is the heart of relationships. It includes signing, gestures, facial expressions, body language and timing. Attention, eye contact, calm pace and proper environment improve understanding. Visual communication tools like writing, drawing, texting or pointing support clarity.



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5. Emotional Awareness in Communication

Noticing your own emotions and the other person's emotions helps prevent misunderstandings. Emotional awareness supports calm and thoughtful responses. It allows people to adjust their communication style and avoid conflict escalation.

6. Assertiveness

Assertive communication expresses needs and feelings clearly without blaming or attacking. It uses statements like "I feel...", "I need...", or "I prefer...". Assertiveness strengthens trust and respect in relationships.

7. Summarizing and Clarifying

Summarizing and clarifying help prevent misunderstandings. They ensure both people understand each other clearly. These skills support calm and structured conversations.

8. Conflict Resolution

Conflict is normal and can help relationships grow if managed well. Steps include pausing, listening carefully, using "I" statements, identifying the real issue and finding fair solutions. Conflict resolution builds trust and emotional safety.

9. Repairing Relationships

Repair after conflict rebuilds trust, restores emotional safety and strengthens relationships. Repair can include apologizing, clarifying, reassuring and reconnecting emotionally.

10. Practical Applications

Healthy relationships and communication skills improve emotional well-being, reduce stress and increase confidence. For deaf adults, these skills support independence, participation and clear communication in everyday interactions. Practicing patience, empathy and flexibility strengthens relationships over time.



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Assessment Test:
Theme 5 + Answer Key

Instructions:

Read each question carefully. Choose the correct answer from the options given. For True/False questions, select the correct statement. Select only one answer per question.

1. Which of the following is a key element of a healthy relationship?

- a) Ignoring emotions
- b) Controlling the other person
- c) Trust
- d) Always agreeing

2. Emotional honesty helps people:

- a) Avoid feelings
- b) Share feelings calmly
- c) Hide emotions
- d) Attack others

3. True or False: Boundaries are not necessary in relationships.

- a) True
- b) False

4. Independence means:

- a) Maintaining personal identity while staying connected
- b) Being completely separate from others
- c) Ignoring the other person
- d) Controlling the relationship





5. Which of the following improves communication in relationships?

- a) Interrupting the other person
- b) Assuming what the other person thinks
- c) Avoiding eye contact
- d) Using clear and calm expressions

6. Assertive communication is:

- a) Blaming the other person
- b) Expressing needs clearly without attacking
- c) Ignoring your feelings
- d) Always agreeing

7. True or False: Conflict always damages a relationship.

- a) True
- b) False

8. Which option is a healthy step for resolving conflict?

- a) Listening to the other person without interrupting
- b) Yelling to release emotions
- c) Bringing up old problems
- d) Walking away without explanation





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9. Which of the following helps repair a relationship after conflict?

- a) Giving silent treatment
- b) Taking responsibility for your actions
- c) Blaming the other person
- d) Avoiding any discussion

Question	Correct answer
1.	C
2.	B
3.	B
4.	A
5.	D
6.	B
7.	B
8.	A
9.	B



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