



Virtual Low Vision Fair
Resources – Week 7

A Peak Under the Hood at Mental Health
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Find a Therapist

TherapyDen

<https://www.therapyden.com/>

Psychology today

https://www.psychologytoday.com/us?tr=Hdr_Brand

NAMI Wisconsin is the State Affiliate of NAMI.

<https://namiwisconsin.org/find-my-nami/>

Support Groups

Wisconsin Council of the Blind & Visually Impaired

maintains a list of Wisconsin support groups and has a virtual support group.

<https://wcblind.org/vision-services/support-groups/>

Vision Forward in Milwaukee has support groups.

<https://vision-forward.org/services/support-programs/>

Macular Degeneration Support offers support groups.
<http://www.mdsupport.org/support/telesupport/>

Institute on Aging's 24-hour toll-free Friendship Line.
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Lighthouse Guild Tele-Support for Adults
<https://lighthouseguild.org/support-services/telesupport-groups/tele-support-for-adults/>

NoisyVision provides a list of Facebook groups for the blind and visually impaired. Groups range from support groups to tech advice to groups specific to eye conditions.
<https://www.noisyvision.org/2019/04/22/all-the-facebook-groups-for-the-blind-and-visually-impaired/>

Other Online Resources

Hadley Adjusting to Vision Loss Series that offers both practical tips and emotional support.
<https://hadley.edu/workshops/adjusting-to-vision-loss-series>

Vision Loss and Personal Recovery by Hannah Fairbairn
Includes blog posts about grief, anger, and steps in recovering as a person
<http://www.visionlossandpersonalrecovery.com/category/personal-recovery/>

Covia
Well Connected and Well Connected Español are groups you can join from home, by phone or online.
<https://covia.org/programs/well-connected/>

Guy Blackstone's References

Click on the link to read an abstract of the study and its findings.

Dillon, L., Gandhi, S., Tang, D., Liew, G., Hackett, M., Craig, A., Mitchell, P., Keay, L., & Gopinath, B. (2021). Perspectives of people with late age-related macular degeneration on mental health and mental wellbeing programmes: A qualitative study. *Ophthalmic and Physiological Optics*, 41(2), 255-265.

<https://doi.org/10.1111/opo.12779>

Cosh, S., Hanno, T. von, Helmer, C., Bertelsen, G., Delcourt, C., & Schirmer, H. (2018). The association amongst visual, hearing, and dual sensory loss with depression and anxiety over 6 years: The Tromsø Study. *International Journal of Geriatric Psychiatry*, 33(4), 598-605. <https://doi.org/10.1002/gps.4827>

Lehane, C. M., Hofsöe, S. M., Wittich, W., & Dammeyer, J. (2018). Mental health and spouse support among older couples living with sensory loss. *Journal of Aging and Health*, 30(8), 1205-1223. <https://doi.org/10.1177/0898264317713135>