

BSL HEALTHY MINDS FROM SIGNHEALTH

*“Improving the wellbeing of Deaf people
through healthy minds”*

Wellbeing

Brighter

Improve



Coping

Recovery

Healthier



*Feel stress, low mood (depressed), nervous (anxious),
sleep problems or just worry, panic over small things...*

Contact us - we are here to help:

SMS: 07966 976747

Tel: 01494 687600

Email: info@bslhealthyminds.org.uk

**BSL Healthy Minds is a free service in BSL
for Deaf people, funded by the NHS**
www.bslhealthyminds.org.uk

