



*BSL Healthy
Minds*

*Helping Deaf
people enjoy a
happy positive
life by having a
healthy positive
mind.*

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*BSL Healthy
Minds*

Wellbeing

Improve



Brighter



Coping

Recovery



Healthier

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

*“Everyone we work with has
their own story to tell”*

What is BSL Healthy Minds?

BSL Healthy Minds is a **FREE** service for Deaf people who are feeling stressed, low in mood (depressed), very nervous (anxiety), sleep problems or panicky.

How can BSL Healthy Minds help me?

You can discuss your problems with a BSL-fluent therapist, then work out what you need to help you feel better. Your therapist will listen to you and everything will be confidential. More information will be given to you at your first session about confidential information.

Where will the sessions with the therapist take place?

Sessions with your therapist will be face to face in a safe and private place. It might be at your GP surgery or sometimes you might use Skype.

Is this right for me?

A lot of people have experienced stress, low mood, anxiety and sleep problems which can happen at time in their lives. About 40% of Deaf people in the UK suffer from these same problems at any one time. You are not alone!

Everyone we work with has their own story to tell.



"The therapy helped so much and I feel a lot better."

J. Styles



"I feel much stronger and happier now. The therapist helped me to understand why I was feeling the way I did."

R. Booth

How Do I Get Help?

- You can refer yourself. Look on our website and fill in the form that says **BSL Healthy Minds referral**. You can also SMS or email us.
- Your Doctor – ask your GP to refer you to BSL Healthy Minds.
- Social Workers and Citizens Advice Bureau (CAB) also know about the service and can help you access it.

Things You Can Do to Help Yourself

You can look at information in BSL about how to help yourself on **www.bslhealthyminds.org.uk**. There are different topics such as stress and anxiety, panic attacks, bereavement, depression, sleep problems, confidence building and many others – please have a look.

You can SMS or email BSL Healthy Minds and ask for a BSL DVD to be sent to you.

Please get in touch if you feel unhappy or have any worries, also if you are not sure if you have a problem or not, please contact us too – we are here to help.

"BSL Healthy Minds is a FREE service for Deaf people"

"Please get in touch – we are here to help"