

How to self-refer to SignHealth Therapy for those in areas with ICB contract

THE DEAF HEALTH
CHARITY
SIGNHEALTH

Are you confident with



Yes

Online Form -
Quick and Easy Way



signhealth.org.uk/therapy



- Name
- Address
- Contact details
- Why therapy?

We will assess your needs
within 6 weeks

No

Text

07984439473



You



Date &
Time



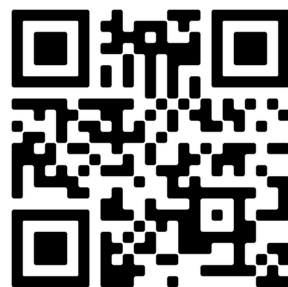
SignHealth
Therapist

A therapist will
help fill in the
form with you
in BSL





Therapies for Deaf People



Scan here for more information and BSL



for deaf people with
anxiety and depression

SignHealth provides a specialist talking therapies service for deaf people delivered in British Sign Language (BSL). Our service consistently ranks in the top 10 of NHS Talking Therapies providers for recovery and outcomes.

Therapy sessions are free and confidential. Ask your GP or refer yourself on our website.



**THE DEAF HEALTH
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Text 07984 439473

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@SignHealth



SignHealth is a charity registered in England & Wales (1011056) and Scotland (SC044122)