

# Mental Health Awareness Workshops

North  
East  
England

February 2022



## Are you a Deaf club or organisation in the North East of England?

SignHealth is pleased to offer free interactive Mental Health Awareness Workshops for Deaf Adults in February 2022!

### Face to Face workshop

- What is Mental Health?
- Signs of common Mental Health issues
- Where to get support and find out more

All communication methods can be catered for

If you wish to book a workshop in a different month, please contact Erika to discuss it further!

To arrange a workshop in your local area, contact Erika at [elevi@signhealth.org.uk](mailto:elevi@signhealth.org.uk)

Follow SignHealth at:  [Facebook](#) /  [Twitter](#) /  [Instagram](#)

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