

60	BDA	Stroke	<a href="https://www.bda.org.uk/health-stroke">https://www.bda.org.uk/health-stroke</a>	Video	8.30	BSL & Sub-titled	
61	Sign Health	Stroke	<a href="http://www.signhealth.org.uk/health-information/health-advice/strokes/">http://www.signhealth.org.uk/health-information/health-advice/strokes/</a>	Videos x3 1. What is a Stroke? 2. What is a Mini-Stroke 3. Treatment	1. 03.05; 2. 01.30; 3. 02.48.	BSL and English Text	
62	Sign Health	Thyroid	<a href="http://www.signhealth.org.uk/health-information/health-advice/thyroid/">http://www.signhealth.org.uk/health-information/health-advice/thyroid/</a>	Videos x3 1. What is a Thyroid? 2. Underactive Thyroid 3. Overactive Thyroid	1. 01.36; 2. 02.37; 3. 02.43.	BSL and English Text	
63	Sign Health	Tinnitus	<a href="http://www.signhealth.org.uk/health-information/health-advice/tinnitus/">http://www.signhealth.org.uk/health-information/health-advice/tinnitus/</a>	Video	4.47	BSL and Spoken English	NHS Choices

## Mental Health and Wellbeing

No.	Organisation Name	Subject	Web Address	Format	Time (mins. secs)	Language	Comments
64	Sign Health	12 Steps to Wellbeing	<a href="http://www.signhealth.org.uk/health-information/health-advice/12-steps-to-well-being/">http://www.signhealth.org.uk/health-information/health-advice/12-steps-to-well-being/</a>	Video	5.48	BSL & Sub-titled	
65	Royal College of Psychiatrists	ADHD	<a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parents/carers/adhdhyperkineticdisorder/britishsignlanguagebsl.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parents/carers/adhdhyperkineticdisorder/britishsignlanguagebsl.aspx</a>	Video	9.45	BSL	
66	Royal College of Psychiatrists	Autism and Asperger's Syndrome	<a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parents/carers/autismandaspergerssyndrome/britishsignlanguagebsl.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parents/carers/autismandaspergerssyndrome/britishsignlanguagebsl.aspx</a>	Video	9.26	BSL	

67	Sign Health	Bereavement	<a href="http://www.signhealth.org.uk/health-information/health-advice/bereavement/">http://www.signhealth.org.uk/health-information/health-advice/bereavement/</a>	Videos x5 1. Bereavement - A Self-Help Guide; 2. Coping With Bereavement And Grief; 3. How Do People Feel When they Have Experienced Bereavement? 4. When Do People Begin to Recover From A Bereavement? 5. What Can Family And Friends Do To Help?	1. 00.27; 2. 02.10; 3. 03.52; 4. 04.36; 5. 04.39.	BSL	
68	BDA	Bipolar Disorder	<a href="https://www.bda.org.uk/health-bipolar-disorder">https://www.bda.org.uk/health-bipolar-disorder</a>	Video	8.12	BSL and English Text	
69	BDA	Dementia	<a href="https://www.bda.org.uk/health-dementia-scot">https://www.bda.org.uk/health-dementia-scot</a>	Video	10.19	BSL & Sub-titled	
70	Alzheimer's Society	The Dementia Guide	<a href="https://www.youtube.com/watch?v=Vwc06Bn5Pc">https://www.youtube.com/watch?v=Vwc06Bn5Pc</a>	Video	52.51	BSL and Spoken English	
71	Alzheimer's Society	The Dementia Guide	<a href="https://www.youtube.com/watch?v=P3c7njt_E04">https://www.youtube.com/watch?v=P3c7njt_E04</a>	Video	52.49	Sub-titled and Spoken English	
72	BDA	Depression	<a href="https://www.bda.org.uk/health-depression">https://www.bda.org.uk/health-depression</a>	Video	7.35	BSL and English Text	

73a	Sign Health	Depression and Low Mood	<a href="http://www.signhealth.org.uk/health-information/health-advice/depression/">http://www.signhealth.org.uk/health-information/health-advice/depression/</a>	1. Depression and Low Mood- Introduction; 2. Depression and Low Mood Self-Help; 3. What Is Depression And Low Mood? 4. How Can This Guide Help Me? 5. How Can I Understand These Feelings? 6. Can I Recognise These Gloomy Thoughts? 7. What More Should I Know About These Gloomy Negative Thoughts?	1. 04.41; 2. 00.26; 3. 01.42; 4. 08.15; 5. 03.36; 6. 01.15; 7. 08.02.	1. Spoken English & BSL; 2-18 BSL.	1. NHS Choices
73b				Videos 8-13 of 18 8. How Can I Help Myself? ;9. Making A Daily Plan; 10. Achievements And Pleasure; 11. The ABC Of Changing Feelings; 12. Balancing; 13. The Double Column Technique.	8. 00.34; 9. 02.29; 10. 01.05; 11. 02.27; 12. 00.47; 13. 00.44.	BSL	
73c				Videos 14-18 of 18 14. Try And Remember Details; 15. Solving Difficult Problems; 16. Long Term Beliefs; 17. Particularly Stressful Times; 18. Further Help.	14. 02.12; 15. 02.55; 16. 01.09; 17. 01.08; 18. 02.19.	BSL	

74	Royal College of Psychiatrists	Depression in Children and Young People	<a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/depressioninyoungpeople/britishsignlanguagebsl.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/depressioninyoungpeople/britishsignlanguagebsl.aspx</a>	Video	10.05	BSL	
75	Sign Health	Eating Disorders	<a href="http://www.signhealth.org.uk/health-information/health-advice/eating-disorders/">http://www.signhealth.org.uk/health-information/health-advice/eating-disorders/</a>	Videos x10 1. What Is An Eating Disorder? 2. What Causes Eating Disorders? 3. Bulimia Nervosa; 4. Anorexia Nervosa; 5. Binge Eating Disorder; 6. Easting Disorder Not Otherwise Specified (EDNOS); 7. How Can I Help Myself? 8. Treatment And Support; 9. How Can Family And Friends Help? 10. Information and Questions.	1. 02.33; 2. 02.54; 3. 03.12; 4. 04.27; 5. 02.16; 6. 00.36; 7. 02.23; 8. 03.19; 9. 02.27; 10. 00.11	BSL and English Text	
76	Royal College of Psychiatrists	Mental Health and Growing Up: Good Parenting	<a href="/parentsandyouthinfo/parentscarers/goodparenting/britishsignlanguagebsl.aspx">/parentsandyouthinfo/parentscarers/goodparenting/britishsignlanguagebsl.aspx</a>	Video	7.36	BSL	
77	Royal College of Psychiatrists	Mental Health and Growing Up:When Bad Things Happen	<a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/whenbadthingshappen/britishsignlanguagebsl.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/whenbadthingshappen/britishsignlanguagebsl.aspx</a>	Video	7.01	BSL	

78	Sign Health	Obsessions and Compulsions (OCD)	<a href="http://www.signhealth.org.uk/health-information/health-advice/obsessions-and-compulsions/">http://www.signhealth.org.uk/health-information/health-advice/obsessions-and-compulsions/</a>	Videos x7 1. Obsessions And Compulsions Self-Help; 2. What Is OCD? 3. What Is OCD? 4. What Are The Symptoms? 5. Can OCD Be Treated? 6. How Can I Help Myself? 7. Where Can I Get Further Help?	1. 00.30; 2. 04.20; 3. 03.43; 4. 11.26; 5. 20.17; 6. 01.16; 7. 01.15.	BSL	
79	Sign Health	Panic	<a href="http://www.signhealth.org.uk/health-information/health-advice/panic/">http://www.signhealth.org.uk/health-information/health-advice/panic/</a>	Videos x10 1. Panic Self-Help; 2. What Is Panic Attack? 3. Recognising Panic; 4. Understand Panic; 5. What Causes Panic Attacks; 6. Behaviour; 7. Can Panic Attacks Harm Me? 8. Techniques To Cope; 9. Question Your Thoughts; 10. Further Help.	1. 00.25; 2. 03.10; 3. 05.32; 4. 05.49; 5. 05.51; 6. 03.09; 7. 02.12; 8. 10.06; 9. 09.46; 10. 00.29.	BSL	
80	BSL Zone	Parkinson's- Living with Parkinson's	<a href="http://www.bslzone.co.uk/watch/living-parkinsons/">http://www.bslzone.co.uk/watch/living-parkinsons/</a>	Video- Documentary	27.05	BSL and Spoken English	

81	Sign Health	Post Traumatic Stress (PTSD)	<a href="http://www.signhealth.org.uk/health-information/health-advice/post-traumatic-stress/">http://www.signhealth.org.uk/health-information/health-advice/post-traumatic-stress/</a>	Videos x9 1. PTSD Self-Help; 2. What Is a Traumatic Incident? 3. Why Do We React So Strongly To Trauma? 4. Make Sense of The Trauma; 5. Flashbacks and Nightmares; 6. Overcoming Tension, Irritability and Anger; 7. Overcoming Avoidance; 8. Overcoming Low Mood; 9. When to Ask for Further Help.	1. 02.15; 2. 09.49; 3. 03.05; 4. 02.41; 5. 03.18; 6. 03.43; 7. 03.29; 8. 04.06; 9. 01.40.	BSL	
82	Sign Health	Shyness and Social Anxiety	<a href="http://www.signhealth.org.uk/health-information/health-advice/shyness-and-social-anxiety/">http://www.signhealth.org.uk/health-information/health-advice/shyness-and-social-anxiety/</a>	Videos x6 1. Shyness And Anxiety Self-Help; 2. Symptoms; 3. What Is Shyness And Social Anxiety? 4. What Causes It? 5. How Can I Help Myself? 6. Where Can I Get Further Help?	1. 02.46; 2. 04.44; 3. 02.50; 4. 05.10; 5. 29.20; 6. 01.20.	BSL	

83	Sign Health	Sleep Problems	<a href="http://www.signhealth.org.uk/health-information/health-advice/sleep-problems/">http://www.signhealth.org.uk/health-information/health-advice/sleep-problems/</a>	Videos x5 1. Sleep Problems Self-Help; 2. Understanding Sleep and Sleep Problems; 3. Causes Of Sleep Problems; 4. Overcoming Your Sleep Problems; 5. Good Sleep Habits.	1. 01.38; 2. 05.36; 3. 04.19; 4. 11.10; 5. 01.52;	BSL	
84	Sign Health	Stress	<a href="http://www.signhealth.org.uk/health-information/health-advice/stress/">http://www.signhealth.org.uk/health-information/health-advice/stress/</a>	Videos x8 1. Stress Self-Help; 2. What Is Stress? 3. How Can This Help Me? 4. Signs of Stress; 5. Can Life Events Cause Stress? 6. Do Some People Suffer More? 7. How Can I Help Myself? 8. Further Help.	1. 09.05; 2. 01.42; 3. 00.45; 4. 02.38; 5. 01.55; 6. 03.43; 7. 09.06; 8. 01.45.	BSL	

85	Sign Health	Stress and Anxiety	<a href="http://www.signhealth.org.uk/health-information/health-advice/stress-and-anxiety/">http://www.signhealth.org.uk/health-information/health-advice/stress-and-anxiety/</a>	Videos x8 1. Stress and Anxiety Self-Help; 2. What Is Anxiety? 3. How Can I Manage My Anxiety Better? 4. Understanding Anxiety; 5. Reducing Physical Symptoms - Relaxation; 6. Altering Your Thoughts Related To Anxiety; 7. Changing Behaviour Related To Anxiety; 8. What Treatment Is Available For Anxiety?	1. 06.56; 2. 06.05; 3. 00.26; 4. 04.41; 5. 05.59; 6. 03.41; 7. 01.51; 8. 01.35.			
86	Royal College of Psychiatrists	Stress: Coping with Stress-Children & Young People	<a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/copingwithstress/britishsignlanguagebsl.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/copingwithstress/britishsignlanguagebsl.aspx</a>	Video	8.41		BSL	
87	Royal College of Psychiatrists	Worries and Anxieties: Helping Children to Cope	<a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentsandyoungpeople/worriesandanxieties/britishsignlanguagebsl.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentsandyoungpeople/worriesandanxieties/britishsignlanguagebsl.aspx</a>	Video	10:15		BSL	
88	Nottingham University Hospitals	Welcome to Our Website	<a href="https://www.youtube.com/embed/Vn8wUJHqRwI">https://www.youtube.com/embed/Vn8wUJHqRwI</a>	Video	05:53		BSL	