

Perceptions and Understandings of Mental Health in Kent's Sikh Communities:

An Ethnographic Study (PUCHNA – ਪੁੱਛਣਾ - to ask)

Share your perspective on mental health

in Punjabi or English

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Hi, my name is Aman Rattan. I am a PhD researcher at the Centre for Health Services Studies and Research Assistant at Kent and Medway Medical School, University of Kent. In my research, I want to talk to Sikhs from Kent from different generations and backgrounds to understand their perspectives and experiences of mental health. These conversations can take place in English or Punjabi, wherever you are comfortable, and at a time convenient for you.



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