

Who to contact

Call any of these organisations directly for support. Each service offers something slightly different and most have services in your area:

Centre for Psychology

One-to-one therapy, mindfulness group sessions & supportive workshops.

- 01483 901429
- surrey@centreforpsychology.co.uk
- www.centreforpsychology.co.uk

Dorking Healthcare (DHC)

DHC Talking Therapies

Face to face, range of online and telephone support. CBT, Guided self-help, counselling, EDMR & DIT. Individuals and groups.

- 01483 906392
- lapt.dhc@nhs.net
- www.dhctalkingtherapies.co.uk

Ieso Digital Health

1:1 CBT, Live session, typed & delivered Online at a time that suits you.

- 0800 074 5560
- info@iesohealth.com
- www.iesohealth.com

Mind Matters

Face-to-face, phone and web based CBT and counselling including skype video and groups.

- 0300 3305450
- rxx.mindmatters-surrey@nhs.net
- www.mindmattersnhs.co.uk/surrey

Talking Therapies Berkshire

Online therapy service offering support 24/7 at a time that suits you.

- 0300 3652000
- www.berkshirehealthcare.nhs.uk/surreyonline
- [@nhs.net](https://twitter.com/bks-tr.surreytalkingtherapies)

ThinkAction Surrey

Face-to-face and online CBT, guided self-help and counselling for individuals and groups.

- 0300 012 0012 and 01737225370
- thinkaction@addaction.org.uk
- www.thinkaction.org.uk

To request a copy of this leaflet in larger print or a different format, please contact leaflets@sabp.nhs.uk

Leaflet produced in June 2019. Our ref: SB00424.



Living Well with a Long-Term Condition

A guide to how Talking Therapies could help you manage your condition

Living Well a Long-Term Condition

If you've been recently diagnosed with a long term condition, this may be an overwhelming time for you.

Diabetes, COPD and respiratory conditions, chronic pain and heart-related problems are all long term conditions that can be really tough to manage on a daily basis.

You may feel frustrated, stressed or lonely. It can be difficult to take part in everyday activities you enjoy like working, exercising or spending time with family and friends. You may feel low, anxious or worried about the future.

Having all this on your mind can have a significant impact on your mood and how you feel may then impact on how you can manage your condition.

Did you know?

Each year 1 in 4 of us will experience some kind of emotional health problem. Depression and anxiety are twice as common in people with a long term condition.

Signs things may be getting me down

- ◇ I feel fed up and overwhelmed
- ◇ I'm not able to cope like I used to
- ◇ I feel sad or hopeless
- ◇ I have more down days than good days
- ◇ I worry about the future
- ◇ I'm not interested in activities that I used to enjoy
- ◇ My sleep or appetite have changed
- ◇ I'm only noticing the negatives in life
- ◇ I feel guilty about not coping



What can I do about how I'm feeling?

There is a strong link between emotional and physical health, and improving one often helps to improve the other. It's important to recognise how you feel and get help when you need it.

That's where we come in.

Talking therapy can help you deal with negative thoughts and feelings, and make positive changes.

What help is available?

Different types of wellbeing support are available, from one-to-one talking therapy and counselling, to group therapy, or online courses. Just pick the option that works for you and your life-style.

These services are tailored to your needs and provided by therapists specially trained in supporting people with long term conditions.

Talking therapy services are free on the NHS if you're over 18 and registered with a GP in Surrey.

How do I make an appointment?

You can speak to someone local to you by contacting one of the services on the back of this leaflet yourself, or ask your GP or a Practice Nurse to refer you.

What happens when I get in touch?

Initially, we will ask some questions about you. This helps decide how best to plan your care, and what therapy may be suitable for you. This first appointment can take about an hour and can happen over the phone, face to face or online.