

Where can we see you?

Norfolk and Waveney Talking Therapies Practitioners work in consultation rooms in GP surgeries and community settings throughout Norfolk and Waveney.

What treatment will I receive?

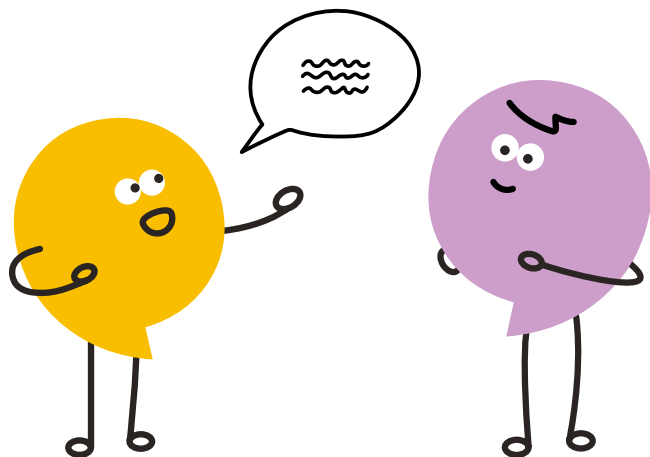
Following an assessment with a Norfolk and Waveney Talking Therapies Practitioner a variety of options will be discussed with you depending on your individual need(s).

Waiting time

Please expect there to be a waiting time between your referral and receiving treatment. The waiting time will depend on location, the treatment recommended and current demand for the service. You can ask at your assessment for our best estimate of waiting times.

Is the service for everyone?

People that are most likely to benefit from Talking Therapies interventions are those that are ready to make changes, with our support.

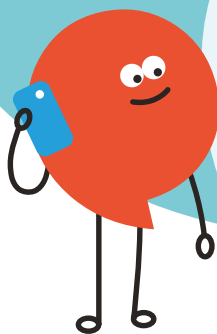


Contact us

Norfolk and Waveney Talking Therapies,
Brooke House Hub,
Longwater Business Park,
John Hyrne Way, Costessey,
Norwich, NR5 0AF

 **0300 123 1503**

 **nandwtalkingtherapies.org.uk**



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If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services on **01603 421486** or send an email to **customer.service@nsft.nhs.uk** and we will do our best to help.

Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS Foundation Trust working with Norfolk and Waveney Mind and Relate.

We work together to deliver a range of support interventions for people aged 16 and over with low mood, anxiety and depression. For more information about who we are visit: **nandwtalkingtherapies.org.uk**

Norfolk and Waveney Talking Therapies is commissioned by Norfolk and Waveney Integrated Care Board.

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**Norfolk and Waveney
Talking Therapies**

Living well with a physical health condition

Are you feeling stressed
and finding it hard to cope?
Feeling anxious or worried?
Feeling sad or low in mood?



for anxiety and depression

Your wellbeing is important

We know that living with a long term condition can be difficult.

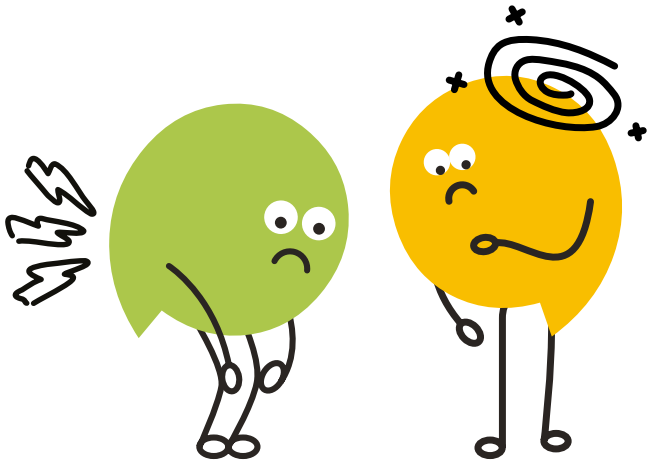
It can affect those who live with it, and those close to them, in many ways.

Some people feel overwhelmed by having to manage medications and medical appointments. Some people find it difficult to make lifestyle changes to support their condition.

It is very common for people living with long term conditions to feel worried, anxious or feel low in mood at times, but having a long term condition does not mean you shouldn't be able to enjoy your life!

People with a long-term health condition are two or three times more likely to experience problems with anxiety and low mood.

'More than 15 million people in England have a long-term health condition' The Department of Health.



Norfolk and Waveney Talking Therapies provides support for people living with long-term conditions including:

- **One-to-one talking therapies**, for people who are aged 16 and over
- **A range of psychological interventions** delivered online, by telephone, video, text, in workshops / groups, 1:1
- **Courses** applying cognitive behavioral therapy (CBT) techniques to help you achieve a better sense of wellbeing
- **Peer support** and access to **social groups** in your area
- Help to find **other support** for issues affecting your wellbeing such as debt and housing
- **Employment support**

If you need help urgently:

- Norfolk and Waveney Talking Therapies is not for crisis or emergency situations
- In an emergency dial: **999**

If you feel you are in crisis, experiencing feelings of despair or are suicidal:

- Contact the **Samaritans** on: **116 123**
- You can also call your GP

An integrated service

Norfolk and Waveney Talking Therapies works in an integrated way with other healthcare providers, working alongside and collaborating with GPs, hospitals, specialist nurses and consultants.

We will help you recognise if you are experiencing depression or anxiety that might affect how you are managing your long-term condition.

Norfolk and Waveney Talking Therapies Practitioners have training and experience in working with people living with physical health conditions and, together, we will be able to talk about the range of therapy options that would be most helpful and suitable for you.

How to arrange an appointment

You can self refer by calling:

0300 123 1503

or online:

nandwtalkingtherapies.org.uk

You may wish to discuss your difficulties with your GP or a different member of your health care team who may also make a professional referral to Norfolk and Waveney Talking Therapies.

