




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?**

Living with a long term condition can be difficult, affecting those who live with it, and those close to them, in many ways such as:

- Managing medications and medical appointments.
- Difficulty making lifestyle changes to support their condition.

But having a long term condition does not mean you shouldn't be able to enjoy your life!



'More than 15 million people in England have a long term health condition'

The Department of Health.

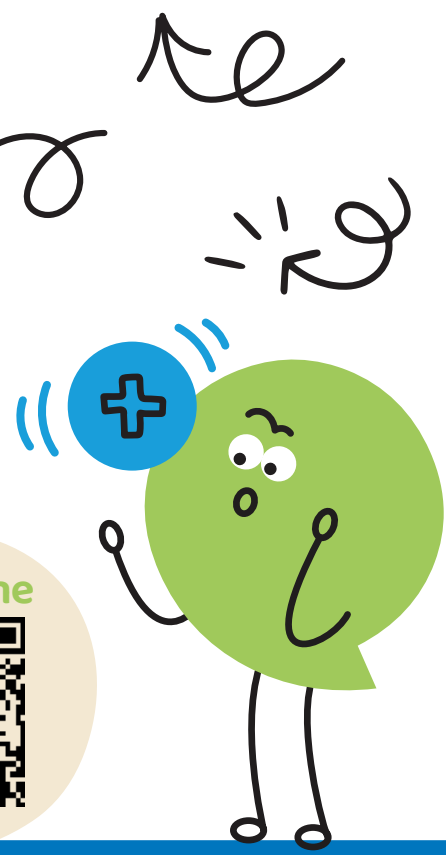
Norfolk and Waveney Talking Therapies provides support for people living with long term conditions. You can self refer by calling:

 **0300 123 1503**

or online

 **nandwtalkingtherapies.org.uk**

Or scan me



for anxiety and depression