



NHS

mind
matters
surrey

Living well with COPD

Free help and support for people struggling with COPD to help you 'feel better and live better'

Surrey and Borders Partnership
NHS Foundation Trust

Contact Mind Matters

Our trained staff are available during office hours: Mon - Fri 8:30am - 5:30pm

- Tel: 0300 330 5450
- Text: 07786 202 566
- Email: Mindmatters.Surrey@sabp.nhs.uk
- Post: Mind Matters, Unither House, Curfew Bell Road, Chertsey KT16 9TF
- Self-refer online at:
www.mindmattersnhs.co.uk

 facebook.com/mindmatterssabp

 [@MindMattersSABP](https://twitter.com/MindMattersSABP)

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www.sabp.nhs.uk

 [@sabpnhs](https://twitter.com/sabpnhs)  facebook.com/sabpnhs

If you would like this information in another format or another language, please ring 01372 216285 or email: leaflets@sabp.nhs.uk

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Living well with Long Term Conditions

Our group sessions are run by qualified Cognitive Behaviour Therapists who have special training in working with long term conditions.

The group will give you a chance to meet others who have been impacted by daily struggles associated with living with COPD. It will help you understand how your mood affects your COPD and find alternative ways of coping.

Talking Therapies offered include:

- CBT
- Counselling
- Guided Self Help
- 1-1, telephone, group or online video
- Computerised cognitive behaviour therapy

Space from COPD: Get help online 24/7

Silver Cloud have developed a specially written programme to help living with COPD more manageable. It can be accessed via PC, tablet or phone either alone or with the support of a [Mind Matters](#) therapist.

Useful Contacts

British Lung Foundation

www.blf.org.uk/

Breathe Easy Support Group

www.blf.org.uk/support-for-you/breathe-easy

Statistics show that if you have COPD

You are
three times
as likely...

to experience
difficulties with
stress, anxiety or
low mood

Living with COPD can be demanding and challenging to manage on a daily basis.

COPD (chronic obstructive pulmonary disease) is a collective term for a number of different illnesses that affect your lungs.

Feeling breathless and having COPD can be upsetting and scary. People with COPD may also be worried about how the disease will affect their lives in the future. This can lead to feeling anxious and fearful.

When COPD starts to affect how much you can do, you can begin to feel frustrated and low and lose the sense of pleasure and satisfaction in life.

Mind matters offers you free help and support to help you manage your Long Term Condition.

Call us today: 0300 330 5450 or self-refer at www.mindmattersnhs.co.uk

Signs that COPD is getting me down

- I feel fed up and overwhelmed
- I find myself less interested in things
- I feel sad or hopeless
- I have more down days than good
- I worry about the future
- I worry about having a panic attack
- My sleep or appetite have changed
- I feel quite gloomy and negative
- I have become more dependent on others
- I just can't cope like I used to

"I'm feeling isolated and wound up, dreading each day ahead and panic about what will happen"

What can I do to help myself?

- Remain active & exercise regularly
- Have a balance between pleasurable and necessary activities
- Make time for relaxation
- Eat well and carefully
- Follow my programme for COPD
- Attend regular appointments with my specialist team.

What prevents me from achieving my goals?

Not looking after yourself: You may be prioritising yourself less due to feeling low or anxious.

Worries about the future: excessive worry can increase feelings of anxiety which then causes symptoms of COPD to worsen, leaving you feeling breathless and exhausted.

Avoidance: you may worry about what will happen if you do the things you used to enjoy and this causes inactivity.

Negative thoughts: whilst these are common when you are feeling low or anxious, these thoughts are can be unhelpful and can stop us seeing things clearly.

"The COPD sessions helped me understand how to manage my condition better and I realise I am not on my own"

How can Mind Matters help?

Mind Matters talking therapies offers a range of effective treatments for anxiety and low mood which will help you manage your COPD better.