



Living well with Long Term Conditions

Free help and support for people having difficulty living with a long term condition, 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

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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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You are not alone - join our LTC Group

Join our group with a specially trained Cognitive Behaviour Therapist (CBT) to help you understand how your mood affects your Long Term Condition and help you find alternative ways of coping. You will also get the chance to meet with others who have been impacted by daily struggles associated with living with a Long Term Condition.

Talking Therapies offered include:

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self help
- 1-1, telephone, group or online video
- Computerised Cognitive Behaviour Therapy

Silver Cloud

Silver Cloud is an online CBT (Cognitive Behavioural Therapy) programme with courses tailored for your individual need. It is easy to use and can be flexibly accessed on a PC, tablet or mobile.

You can use the programme alone or with the support of a [Mind Matters](#) therapist.

What is a Long Term Condition?

Around 1 in 3 people have at least one Long Term Condition.

These can include: diabetes, COPD, chronic pain, cancer, medically unexplained symptoms (including fibromyalgia & irritable bowel syndrome) and Chronic Fatigue Syndrome.

Living with a Long Term Condition can be very challenging and make life really difficult

Research shows that at least 30% of people living with a Long Term Condition experience anxiety and depression related to their condition.

Living with a chronic physical illness can have a life-changing effect on your wellbeing, functional capability and quality of life. It is very common to feel low, frustrated or worried at times. This can impact your mood and how you are feeling which in turn affects your health condition.

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

"I felt more supported when I met others with health problems who felt the same"

Signs that My Long Term Condition is getting me down

- I feel fed up and overwhelmed
- I am less interested in activities I used to enjoy
- I feel sad or hopeless some or all of the time
- I have more down days than good days
- I worry about the future
- My sleep or appetite have changed
- I only notice the negatives in life
- Difficulty coping with things I would normally manage
- I feel exhausted
- I find myself avoiding friends and family

What can I do to help myself?

- Remain active and exercise regularly
- Take up a new hobby or interest
- Discuss my medication with my GP
- Join a group with others
- See friends and family regularly

Mind Matters Talking Therapies

Our therapy sessions (group or 1 to 1) are delivered by qualified staff who have special training in Long Term Conditions. They will help you:

- Manage your stress and anxiety more effectively.
- Challenge negative patterns of thinking
- Find new ways to manage worries.
- Plan an achievable balance of activities.
- Learn different ways of relaxation including mindfulness.
- Help you make small changes in your life and put your learning into practice.

"The sessions helped me understand low mood and helped me find some healthier ways to manage stress & anxiety which had a positive impact on my condition"

How can Mind Matters help?

Mind Matters talking therapies service offers a range of support to help you learn new ways to improve your wellbeing.