

## Living well with Cardiac Conditions

Help and support for  
individuals struggling with  
Anxiety, Depression and other  
Mental Health concerns

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](mailto:Mindmatters.Surrey@sabp.nhs.uk)
- Post: Mind Matters, Unither House, Curfew  
Bell Road, Chertsey KT16 9TF
- Self-refer online at:  
[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)

 [facebook.com/mindmatterssabp](https://facebook.com/mindmatterssabp)

 @MindMattersSABP

### Surrey and Borders Partnership NHS Foundation Trust

18 Mole Business Park, Leatherhead,  
Surrey KT22 7AD

Tel: 0300 55 55 222  
Textphone: 020 8964 6326  
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 @sabpnhs  [facebook.com/sabpnhs](https://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](mailto:leaflets@sabp.nhs.uk)

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### Talking Therapy:

With a specially trained therapist to help you  
explore how your mood impacts your cardiac  
condition, and helping you find alternative  
ways of coping. Therapy may be:

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

### Space from Depression and Anxiety: get help online 24/7

Bespoke online digital therapy via Silver Cloud  
is an informative, therapeutic and supportive  
online platform with educational, lifestyle and  
behavioural strategy tools to help living with  
cardiac conditions more manageable.

### Useful Contacts

**British Heart Foundation:** Local Support  
Groups & Advice, Heart Matters magazine

[www.bhf.org.uk](http://www.bhf.org.uk)

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## Statistics from the British Heart foundation show that if you have a cardiac condition:

There is a 68% chance

you could be affected mentally, emotionally or psychologically

We understand that living with a cardiac condition is really challenging to manage on a daily basis. In particular, life after a recent cardiac event can be very difficult.

Understandably, you can be left feeling anxious, depressed or angry. Initially, it can feel like you will never get a break from your health again and can make you question "why did this happen to me".

**All of this can have a significant impact on your mood, which can then affect how well you are able to manage your cardiac 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](http://www.mindmattersnhs.co.uk)*

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## Did you know?

"Stress levels increase during the period of convalescence when you return home from hospital and start putting your life back together again"

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## Often psychological symptoms of Cardiac conditions go unnoticed. These commonly include:

- Feeling fed up, overwhelmed, fearful or vulnerable
- Underestimating your ability to deal with the condition and overestimating the threat of the condition
- Feeling sad or hopeless
- Having more down days than good days
- Worrying about the future
- Low mood due to changes in lifestyle
- Only noticing the negatives in life
- Feeling guilty about not coping
- Not being able to stay active like you used to be

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## What prevents me from achieving my goals?

### Worries about the future:

Excessive worry can increase feelings of anxiety which then makes managing the cardiac condition more challenging.

### 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.

### Unrealistic expectations:

When we set our standards too high they can feel unachievable.

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## What do I do now to get help?

### Talking helps:

Despite experiencing these common symptoms, fewer than one third of people affected speak to someone about the emotional or psychological impact of their cardiac condition.

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## How can Mind Matters help?

Mind Matters offers a range of evidence-based effective treatments for anxiety and low mood which will help you manage your cardiac condition better.