

## Where do I go to get help?

Get help to live and feel well with a long-term physical condition.

Everyone needs help to feel better sometimes.

Try these websites for useful resources:

### Our website

[www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

### Diabetes UK

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

### Diabetes Research and Wellness Foundation

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

### Asthma UK

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

### British Lung Foundation

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

### British Heart Foundation

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

## How do I get help?

Speak to anyone involved in your care and they can refer you.

Or self-refer by phoning:  
**0300 303 0923**

Or through our website:  
[www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

## We provide help that is easy for you to fit into your life

We can offer appointments in your:

- Local health clinics
- GP surgery
- over the phone
- or at home when needed

Staffordshire and Stoke-on-Trent Wellbeing Service is a partnership service provided by Midlands Partnership NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust, Mental Health Matters, the Dove Service, North Staffs Mind, Burton and District Mind and Changes Health and Wellbeing. It is commissioned by the Clinical Commissioning Group (CCG) in Staffordshire and Stoke-on-Trent.



Staffordshire and Stoke-on-Trent  
Wellbeing Service

# Living Well with a Long-Term Health Condition



*helping you to  
feel better*

**0300 303 0923**

[www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

## Long-term conditions and wellbeing

If you live with a long-term physical condition you will know that sometimes life is not easy. Managing long-term conditions, such as diabetes, respiratory problems, chronic pain and coronary heart disease can be challenging. Often it means spending long periods of time trying to manage your condition, perhaps trying to follow well-meaning health advice or having to restrict your life in some way.

Having to do this on a daily basis can be draining, physically and emotionally. This can lead people to feel overwhelmed, stressed, and low in mood. In turn, this can make it harder to manage health problems and lead people to feel worse about themselves.



## You don't have to struggle alone!

Research has shown that people living with a long-term condition are at increased risk of experiencing emotional distress.

The good news is that research also shows that talking therapy with a trained Wellbeing Specialist can improve your mood, reduce your worries and help you manage health problems better.



## Who are we?

We are wellbeing specialists who are trained to help people manage all aspects of living with a long-term condition, with a focus on overall wellbeing. We specialise in helping people who may be struggling with:

- Diabetes
- Respiratory problems (COPD, asthma)
- Chronic pain
- Chronic fatigue
- Irritable bowel syndrome
- Any other long-term physical problem

## What do we offer?

We offer a holistic approach to helping you manage the emotional impact of living with a long-term condition. This includes strategies to recognise and address:

- Apprehension and worry about physical symptoms
- Unhelpful thoughts about your health problems that lead to low mood
- Unhelpful behaviours such as doing too much or too little or avoiding going out
- Unhelpful distressing emotions
- Stress caused by practical life problems

Self Referral helpline

**0300 303 0923**

[www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

