LIFT psychology in Swindon

NHS

Living well with long term Conditions

Do you have Cardiac issues, Chronic Obstructive Pulmonary Disease or Type two Diabetes and would like to learn some tools and techniques to help improve your mood? Then you may be interested in Lift Psychology's free online program. It can be accessed from home and is supported by your own trained practitioner . This is based on a psychological approach called Cognitive Behavioural Theory (CBT), which has been shown to be helpful for many people with long term health conditions.

Topics covered include:

- **Understanding how your health impacts on your mood**
- **The process of coping with a change in your physical health**
- **Techniques for managing difficult thoughts**
- **Communication skills**
- **Ways to maximise your wellbeing**

Previous participants have said:…

The ability of linking in with a specific therapist was very attractive as it felt more personal

I felt no longer alone. I felt that I had someone to go to

It was comforting

To access this free course please email: lift.psychology@nhs.net

We have a range of course available on our website visit www.seqol.org/lift-psychology or telephone 01793 835710 or 835711, for further information.