

Have you received a diagnosis of Diabetes, Coronary Heart Disease or COPD?

Trying to come
to terms with
the diagnosis?

Worrying
about what
this means for
the future?

Feeling a sense of
panic?

Doing less or
avoiding people?



**It is natural that having these conditions has an impact on
our emotional wellbeing**

LIFT Psychology would like to offer you the chance to access support to find ways to best manage the condition and improve your quality of life.

We have 1:1 appointments available and self-help courses.

**Call 01793 835711 and speak to Jon or Angela
to book an appointment.**