

## TALKWORKS can also help those close to you

Are you worried about a friend or member of your family? We know that caring or living with someone with a long term health condition can also affect how that person is feeling. They also may be struggling to cope, worrying more than usual, be feeling low or finding it hard to get a good night's sleep.

At **TALKWORKS** we're on hand to help. We know the sooner people come to see us the quicker they will recover and begin to feel better again. Do talk with the person you care about, tell them they can easily seek help.

If you are a carer for a loved one, and feel overwhelmed by this role, do seek help for yourself. Carers often struggle themselves with low mood or anxiety - looking after yourself and seeking help for your own needs can help you care for the person you are looking after.

## Ready to take the next step?

If you feel ready to make changes, we can help you to manage things differently, get more out of life and feel more confident in the future.

Call: **0300 555 3344**

Self-refer online: **TALKWORKS.dpt.nhs.uk**

If you're not yet sure if you want to get in touch and need more information in helping you make a decision, please visit our website at **TALKWORKS.dpt.nhs.uk**

**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

676/05/19

**“AN EXCELLENT  
SERVICE! I HAVE  
BEEN GIVEN  
THE TOOLS TO  
TAKE ON LIFE!”**



@DPT\_TALKWORKS

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

### Patient Advice and Liaison Service (PALS)

Franklyn House  
Franklyn Drive  
Exeter, EX2 9HS

t: 01392 675686

e: [dpn-tr.pals@nhs.net](mailto:dpn-tr.pals@nhs.net)

**TALKWORKS.dpt.nhs.uk**

**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

**HELPING YOU  
TO LIVE WELL  
WITH A LONG  
TERM HEALTH  
CONDITION**

Call

**0300 555 3344**

Ask for our

**Talking Health Team**

Our **Talking Health Team** can work with people to help them manage the emotional difficulties that often go hand in hand with experiencing a long term physical health condition.

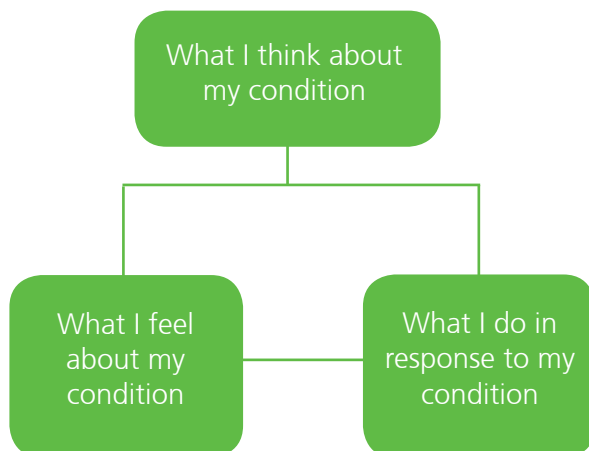
## Living with a long term health condition

Living with a long term physical health condition can be frustrating, tiring and worrying.

There are many challenges involved, especially when dealing with difficult or unpleasant symptoms, procedures or treatments. It's understandable that this can cause you to feel down, stressed or just not your usual self.

A long term condition can affect all aspects of your life. You can struggle to manage the changes that a health condition requires of you or find it more difficult to cope with your usual daily activities.

- Maybe you feel frustrated about how your condition makes you feel.
- Maybe you worry about when the next flare up may be.
- You might feel down if you're finding it difficult to adjust to your condition.
- You might not feel as confident as you used to or reluctant to try things differently.



### We can help

At **TALKWORKS**, our **Talking Health Team** is a dedicated experienced team of practitioners who can work with you to help you manage the emotional difficulties that often go hand in hand with experiencing a long term health condition.

We work with people using Cognitive Behavioural Therapy (CBT). This approach looks at how our thoughts, feelings and behaviours interact. It is a proven talking treatment for helping people to make changes to help them feel better. Improving emotional wellbeing can help people to improve their physical health.

### How we can help

We offer you an initial assessment where we discuss your difficulties and your options.

We can offer you one to one appointments either face to face or over the telephone.

We can support you with our online CBT programme, Silvercloud. We can discuss which approach would be most suitable for you.

We will work closely with you to review your progress regularly and agree next steps.