

We can help you to 'live well' with your health condition or symptoms and improve your wellbeing through a range of free living well courses, one to one sessions or online therapy.



### How will this help me?

- ✓ Find out more about the impact of your condition
- ✓ Learn new tools and skills to help manage your health
- ✓ Increase your choices in managing your condition
- ✓ Be prepared in facing everyday challenges
- ✓ Learn and get support from other people with similar experiences



### How can I access this help?

Contact us on **0114 271 6568** to book a place onto a course or to request an assessment with one of our health and wellbeing workers to support you in getting the right help for you. There are many ways we can help including online computer packages and Skype.

“ Having a long term health problem made life difficult and stopped me going out. This course made me realise I'm not on my own and I learnt new skills to enjoy life again. ”

We can help - call us or visit our website

**0114 271 6568**

**[iaptsheffield.shsc.nhs.uk](http://iaptsheffield.shsc.nhs.uk)**

**Sheffield IAPT**  
working together to improve your wellbeing



Are you living with a long-term health condition?

Are you feeling stressed, anxious or down?

Feeling worried about persistent pain or discomfort?

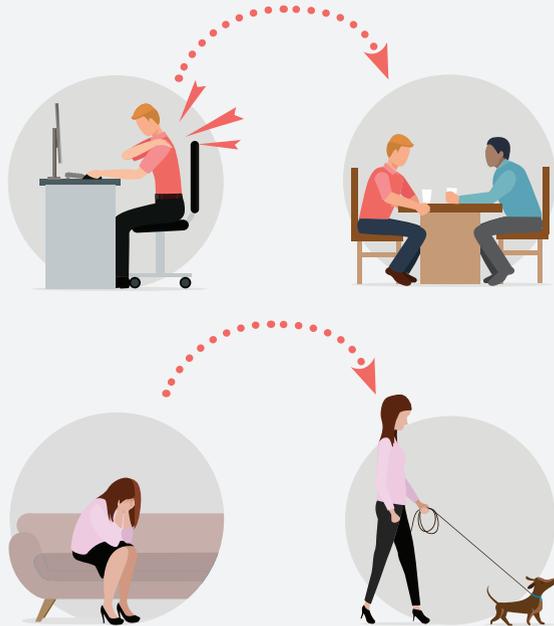


We can help you to make some changes - call us or visit our website.

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Having a long-term health condition or persistent physical symptoms can be frustrating or worrying at times. It is very common for health conditions to affect how you feel and for your mood to affect your health condition. This can lead to feeling stressed, low, anxious or worried.



**Our health and wellbeing service is here to help you better manage you health condition and improve your wellbeing.**

Health and Wellbeing offer a range of **free NHS services** to people living with long term conditions, pain or persistent physical symptoms.

- ✓ Stress Control for Health Conditions
- ✓ Living Well with Pain
- ✓ Living Well with Long Term Conditions
- ✓ Living Well with Diabetes
- ✓ Living Well with Chronic Obstructive Pulmonary Disease (COPD)
- ✓ Living Well with Back Pain and Sciatica
- ✓ Living Well with Irritable Bowl Syndrome
- ✓ Living Well with Fatigue
- ✓ Living Well with a Skin Condition
- ✓ Living Well after Cancer treatment
- ✓ Living well with a heart condition
- ✓ Managing Health Worries
- ✓ Mindfulness for Health



Health and Wellbeing offer services to all long term conditions, including a focus on developing services for people with:

- + Pain and musculoskeletal conditions
- + COPD
- + Heart disease and non-cardiac chest pain
- + Diabetes
- + IBS
- + Dermatological conditions
- + CFS/ME
- + Health worries
- + Cancer (after treatment)
- + Persistent physical symptoms

If you have looked at this information and unsure about the right first step for you, please call **0114 271 6568** to request an assessment with Psychological wellbeing practitioner.



**Our assessments take up to 45 minutes, usually by telephone or face to face.**

If you book a telephone appointment please make sure you take the call in a confidential place and that we have your correct telephone number.

My IAPT assessment is on .....