



Living well with a long term condition

Many of us live with a long term condition on a day to day basis such as chronic pain, diabetes, COPD, angina or heart problems, ME/CFS, fibromyalgia or cancer.

Kirklees IAPT are running a **free 7 week group** for people with long-term conditions to increase wellbeing and focus on how we can live well.

- The group uses evidence based CBT techniques to help people with their mood, sleep, worry, assertiveness, problem solving and balancing out activity levels.
- Group facilitators are qualified Cognitive Behavioural Psychotherapists and Psychological Wellbeing Practitioners and the group is currently being run at Acre Mills, near the HRI.
- All participants will get hand-outs incorporating the key points from each session and techniques to use as well as a free relaxation CD

If you think that you or someone you know might benefit from this then please call our friendly admin team on 01484-343700 or complete the online referral at: www.swyt.co/kirkleesiapt

