

Is your long-term health condition causing low mood, anxiety & stress?

Talk to us



Diabetes



Chronic Obstructive Pulmonary Disease



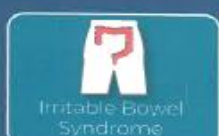
Cardiovascular Disease (CHD)



Musculoskeletal Problems (Chronic Pain)



Chronic Kidney Disease



Irritable Bowel Syndrome

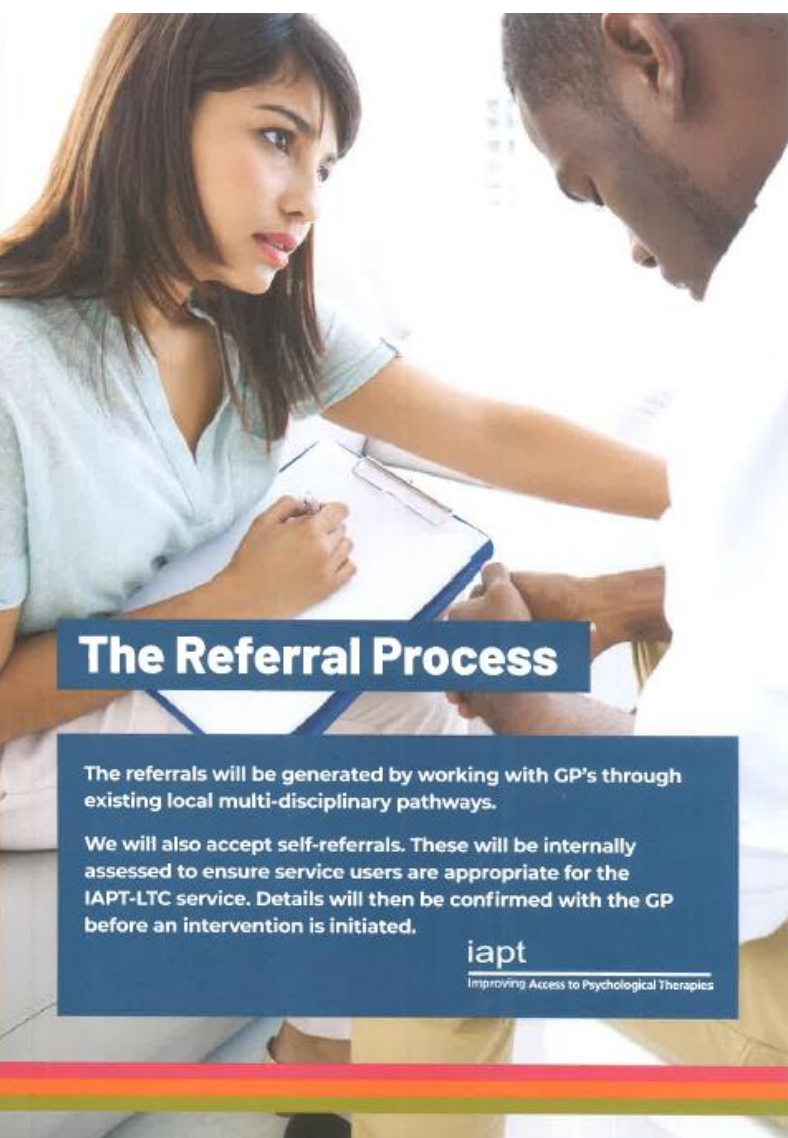


Chronic Fatigue Syndrome



Medically Unexplained Symptoms

Living Well UK offers pathways to supporting people with psychological and mental health distress into learning new ways of improving psychological and mental wellbeing.



The Referral Process

The referrals will be generated by working with GP's through existing local multi-disciplinary pathways.

We will also accept self-referrals. These will be internally assessed to ensure service users are appropriate for the IAPT-LTC service. Details will then be confirmed with the GP before an intervention is initiated.

iapt

Improving Access to Psychological Therapies

Therapeutic Interventions



Our therapeutic interventions are suitable for individuals aged 16+ who have an existing long-term health condition and would like support to manage the impact it has on their mental health and wellbeing.

Our waiting times can range between 2 - 4 weeks and the service is delivered by Health Psychologists and qualified IAPT Talking Therapists who are located in or around identified GP practices in Birmingham.

Living Well UK

We aspire
We create
We deliver

How Do I Access?

Talk to your GP or call us on
0121 663 1217.

Living Well UK
Avoca Court
23 Moseley Road
Digbeth
Birmingham
B12 0HQ

info@livingwellconsortium.com

www.livingwellconsortium.com

