

## 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.

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 and ask for Talking Health

Self-refer online: [TALKWORKS.dpt.nhs.uk](https://TALKWORKS.dpt.nhs.uk)

Email: [dpt.talkworks.talkinghealth@nhs.net](mailto:dpt.talkworks.talkinghealth@nhs.net)

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](https://TALKWORKS.dpt.nhs.uk)

676/01/24

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

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)

Wonford House

Dryden Road

Exeter, EX2 5AF

t: 01392 675686

e: [dpt.pals@nhs.net](mailto:dpt.pals@nhs.net)



@DPT\_TALKWORKS



@TALKWORKSNHS



@TALKWORKS\_NHS

[TALKWORKS.dpt.nhs.uk](https://TALKWORKS.dpt.nhs.uk)



Devon Partnership  
NHS Trust

# TALKWORKS

DEVON'S NHS TALKING THERAPIES SERVICE

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

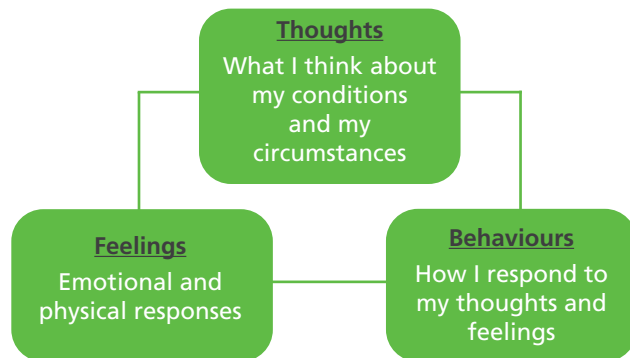


## Living with a long term health condition

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.

Your mind and body are closely linked and both have an effect on the other.



A long term condition can affect anyone, no matter your age, background or ethnicity - but it does not have to prevent you from living and enjoying your life.



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.

Our clinicians are experienced in working with adults with a combination of physical and emotional health difficulties. We will be able to provide you with a range of tools, techniques and coping mechanisms to help you get back on track.



## How we can help

We try to make our support as accessible as possible, which is why we offer our therapy in a number of different ways. This includes:

- **One-to-one therapy sessions with a clinician**, carried out face-to face at one of our bases in the community, over the phone or by video call. The approaches we offer include:
  - Cognitive behavioural therapy
  - Counselling for depression
  - Eye Movement Desensitisation and Reprocessing (EMDR)
  - Prolonged grief disorder therapy
  - Mindfulness-based cognitive therapy
- **Supported, online self-help programmes** (accessible 24 hours a day, 7 days a week)
- **Wellbeing workshops** to help you to feel healthier and happier, including 'Living well with a long-term condition', 'TALKWORKS for sleep' and 'Understanding IBS'
- **6 week 'TALKWORKS for Wellbeing' group course** which involves learning a range of techniques for challenging negative thoughts, changing unhelpful behaviour and managing worry
- **Access to employment support**