



Kingston NHS Talking Therapies for Anxiety & Depression

Living well alongside Long-Term Physical Health Conditions

Are you feeling...

Down, fed-up, stressed or anxious about managing your Health?

Are you struggling with part of your health management?

 E.g. managing your diet, sticking to medication schedules or completing regular physio & exercises?

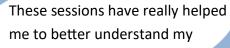
If so, you can contact us for help and support:

Tel: 020 3513 4440 Email: kingstontalkingtherapies@swlstg.nhs.uk

We offer effective strategies to help manage long-term health conditions using Cognitive Behavioural Therapy (CBT) approaches.

For more information visit our website: https://swlstg.nhs.uk/kingston-talking-therapies





Fibromyalgia.





Overall excellent CBT sessions, that have helped in managing my wellbeing alongside my **MS**.



CBT sessions have been amazing!

They've helped my negative feelings

about Type 1 Diabetes.

I hope that this will be offered to every Type 1.