



Making Life
Better Together



Talking Therapies

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>



COPD

Parkinson

These sessions have really helped
me to better understand my
Fibromyalgia.

Overall excellent CBT sessions, that
have helped in managing my wellbe-
ing alongside my **MS.**

Asthma

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.

