

We know that there are over 15 million people currently living with a Long Term Health Condition (LTC) such as diabetes, heart and respiratory difficulties in the UK. Others are struggling to cope with persistent troubling physical symptoms. These people commonly experience mental health difficulties such as depression and anxiety, which further affects the quality of their life.

Richmond Wellbeing Service offers free talking therapies to help people with long term health conditions overcome their emotional difficulties and regain their lives.

If you would like to access this support, you can make a referral through the following options:

- Call us on **0208 548 5550**
- Visit our website www.richmondwellbeingsservice.nhs.uk and complete a brief online referral form
- Email us on: elt-tr.richmondwellbeingsservice@nhs.net
- Ask your GP to refer you to our service
- Fill out your details and send it to us on the address below or fax it to **0208 548 5551** and we will contact you:

NHS Richmond Wellbeing Service
Richmond Royal Hospital
Kew Foot Road
Richmond upon Thames
TW9 2TE

First name	<input type="text"/>	Last name	<input type="text"/>
Date of birth	<input type="text"/>	Contact number	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>	Postcode	<input type="text"/>

If you have questions, concerns or would like to speak with a therapist you can telephone us on 020 8548 5550