

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 including the after-effects of Covid (long covid).

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. We also have employment advisors to help you manage the impact of your condition on employment.

We run programmes for

- Diabetics (Types 1 and 2)
- Those living with Persistent Troubling Physical Symptoms
- Cardiac patients- Our “Heart to Heart” programme
- Patients with Respiratory conditions- Our “Breathe Well” programme
- Long Covid

If you would like to access this support, get in touch with us. Let us know which LTC programme you are interested in when you make contact.

- **Call us on 020 3513 4455** or
- **Visit our website [www.richmondwellbeingservice.nhs.uk](http://www.richmondwellbeingservice.nhs.uk) and complete a brief online referral form** or
- **Email us on: [richmondwellbeing@swlstg.nhs.uk](mailto:richmondwellbeing@swlstg.nhs.uk)**

Your GP can also refer you to our service