

Talking Therapies Barking and Dagenham

Long Term Conditions Support

Do you ever feel
stressed or worried
about having a health
condition?

Do you ever
struggle to
maintain your
physical health?

Is living with a health
condition getting you
down?



Barking and Dagenham IAPT service recognise the impact and relationship between our physical and mental health.

We can help you manage any symptoms of stress, low mood or anxiety associated with long term conditions, by teaching you skills and techniques through a virtual Zoom course that you can attend from the comfort of your own home.

In these sessions, we will cover identifying and challenging any unhelpful behaviours or thoughts in relation to managing symptoms of long-term conditions, using techniques such as pacing, activity scheduling, thought challenging, acceptance and problem solving. We also cover issues related to the impact that LTC's can have on sleep, relaxation, and relationships.



Currently, we hold sessions for LCT's such as type 1 and 2 diabetes and long COVID.

We also plan to hold groups to support those with LCT's such as:

- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Heart Disease (CHD)
- Chronic Fatigue Syndrome (CFS) / Myalgic Encephalomyelitis (ME)
- Fibromyalgia
- Chronic Pain (Muscular and Skeletal)
- Irritable Bowel Syndrome (IBS)



To access a course, you will first complete an assessment session with an IAPT practitioner.

If the cognitive behavioural therapy (CBT) LTC group is agreed to be the most suitable treatment option, then the clinician can refer you.

For more information:

Call 0300 300 1554 opt 3

or

Email bdtalkingtherapies@nelft.nhs.uk

Visit talkingtherapies.nelft.nhs.uk

Speak to your GP

Scan the QR code



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