

How Do I Access?

**Talk to your GP or call us on
0121 663 1217.**

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Is your long-term health condition causing low mood, anxiety & stress – talk to us



Diabetes



Chronic Obstructive
Pulmonary Disease



Cardiovascular
Disease (CHD)



Musculoskeletal
Problems (Chronic Pain)



Chronic Kidney
Disease



Irritable Bowel
Syndrome



Chronic Fatigue
Syndrome



Medically Unexplained
Symptoms

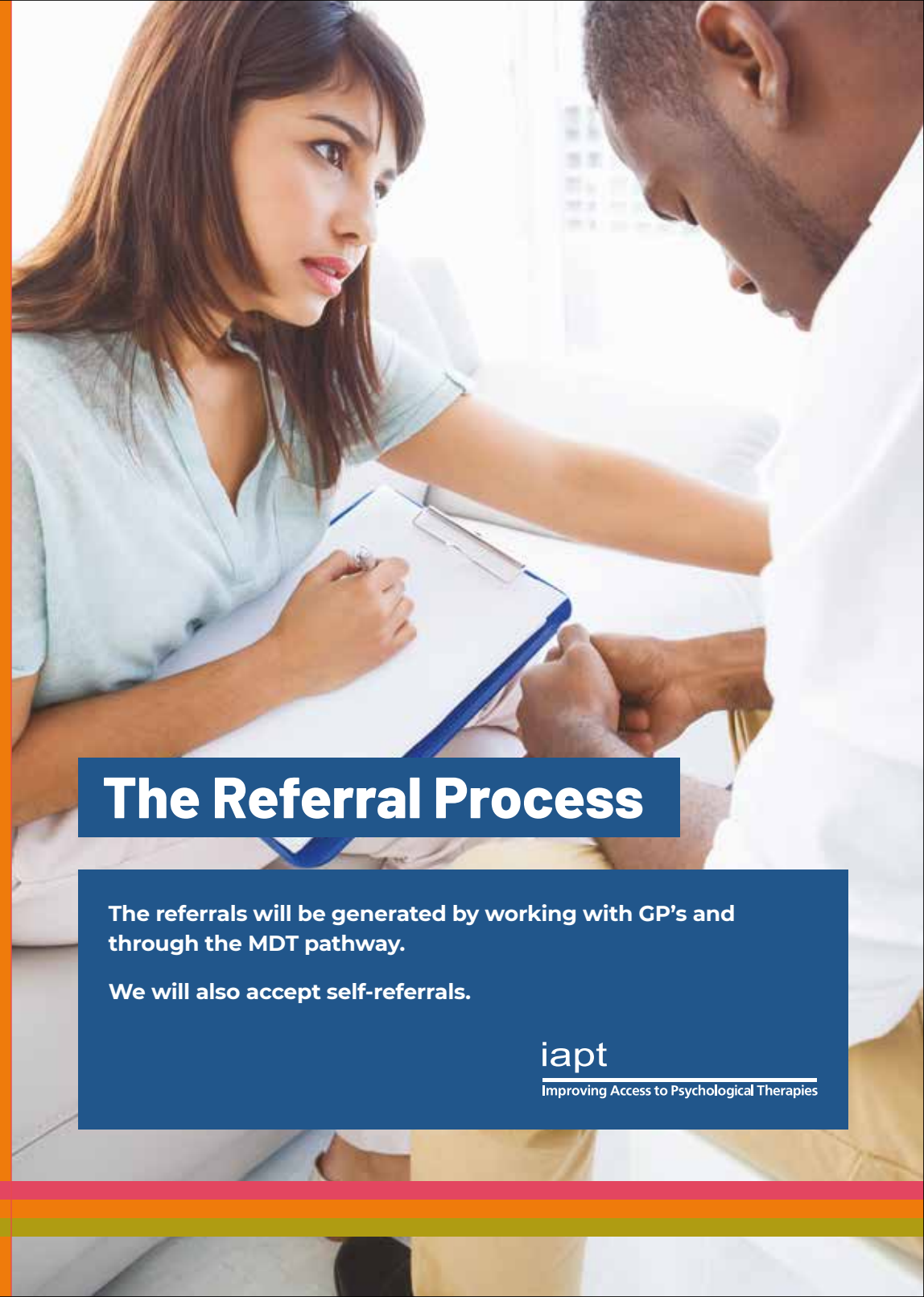
**A service supporting individuals experiencing
symptoms of low mood & anxiety due to
an existing long term health condition &
medically unexplained symptoms (LTHC)**

Therapeutic Interventions



Our therapeutic interventions are suitable for individuals aged 16+ who have an existing long-term health conditions and would like support to manage the impact it has on their mental health and wellbeing.

Our waiting times can range between 2 - 4 weeks and the service is delivered by Health Psychologists and qualified IAPT Talking Therapists who are located in or around identified GP practices in Birmingham.



The Referral Process

The referrals will be generated by working with GP's and through the MDT pathway.

We will also accept self-referrals.

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Improving Access to Psychological Therapies