

## How Do I Access?

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

Living Well UK  
Avoca Court  
23 Moseley Road  
Digbeth  
Birmingham  
B12 0HJ

info@livingwellconsortium.com

www.livingwellconsortium.com



## 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

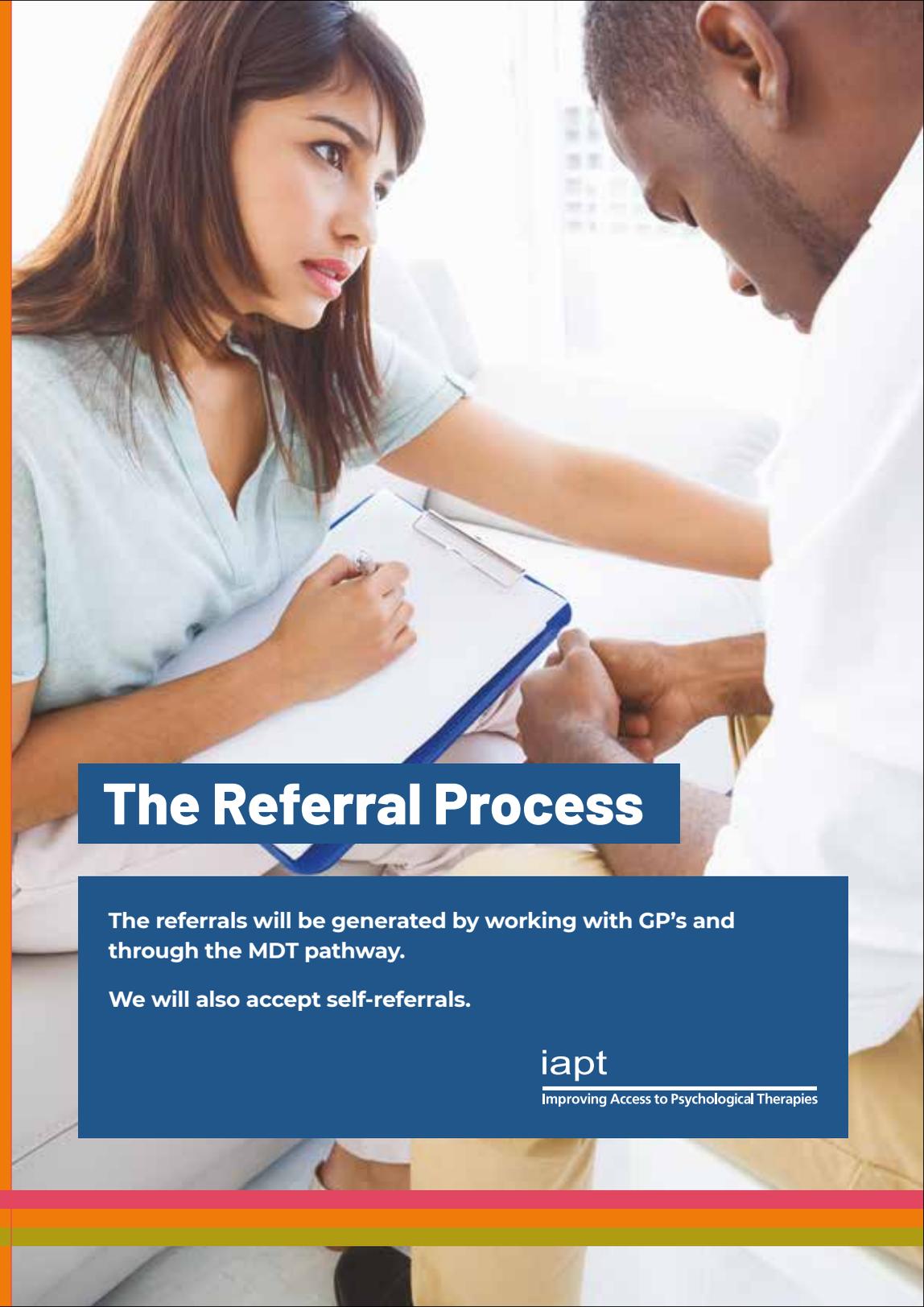
**A service supporting individuals experiencing symptoms of low mood & anxiety due to an existing long term health condition & medically unexplained symptoms (LTHC)**

# 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.**

**iapt**

Improving Access to Psychological Therapies