> ***Excellent service which has made me feel so much better and listened to.***
>
> Former client of DHC

Next steps

We accept self-referrals (where you can contact us directly without the need for you to make contact via your GP first) as well as referrals from GPs and other health professionals.

To self-refer call: **01483 906 392**

Or visit: **dhctalkingtherapies.co.uk**

> ***This service has helped me see things from a different perspective and address or approach difficult and stressful situations in a positive way.***
>
> Former client of DHC

If you would like this leaflet in an alternative format, for example large print or braille please let us know.

Woking Community Hospital
Heathside Road
Woking
Surrey
GU22 7HS

01483 906 392
Monday to Friday

dhctalkingtherapies.co.uk

DHC Talking Therapies

Together with every mind matters

NHS

DHC Talking Therapies

NHS

Is living with a long term health condition getting you down?

30 to 40% of people living with a long term physical health condition will also experience anxiety and depression.

When life gets too tough we can help you through it.

What is Talking Therapies for Long Term Health Conditions?

People living with a long term physical health condition can also experience difficulties with emotional health, suffer feelings of stress, anxiety or worry. The impact a physical health condition has on daily quality of life can be a struggle to cope with. We are here to help.

Improving your emotional health will also improve your physical health.

DHC Talking Therapies provide:

- A free and confidential NHS service
- Choice of face to face, online or group courses
- Specific support to adults living with a long term health condition, such as respiratory problems, diabetes, chronic pain or heart related problems
- Covering locations across Surrey
- Short waiting times and great health outcomes

How we can help you

Group courses

We provide a range of six week therapeutic group courses including:

- Respiratory problems like COPD and Asthma
- Heart related problems
- Diabetes
- Pain

The courses cover:

- Weekly activity planning
- Managing stress and worry
- Problem solving
- Looking at unhelpful thinking styles
- Sleep management
- Relaxation and breathing techniques
- Goal setting

We also run a shorter four week course aimed at managing the stress of living with a long term health condition.

Online courses

We also offer an online solution where you can join a course from the convenience of your own home or place of work, in your own time. DHC Talking Therapies partner with a platform provider called SilverCloud to deliver this solution.

The available courses are:

- Coronary Heart Disease (CHD)
- Diabetes
- Chronic Pain
- Chronic Obstructive Pulmonary Disease (COPD)

> ***I have been very pleased with the help and strategies that I have been given. I feel confident about the future.***
>
> Former client of DHC