

Where can we see you?

Wellbeing Practitioners work in consultation rooms in GP surgeries and community settings throughout Norfolk and Waveney.

What treatment will I receive?

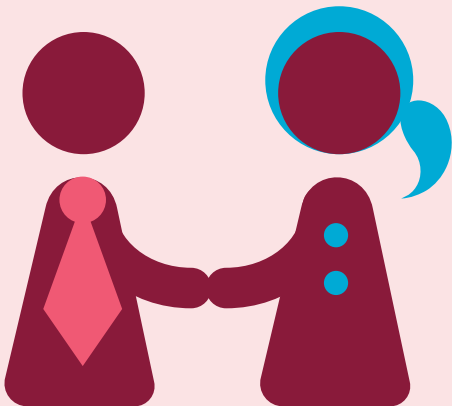
Following an assessment with a Wellbeing Practitioner a variety of options will be discussed with you depending on your individual need(s).

Waiting time

Please expect there to be a waiting time between your referral and receiving treatment. The waiting time will depend on location, the treatment recommended and current demand for the service. You can ask at your assessment for our best estimate of waiting times.

Is the service for everyone?

People that are most likely to benefit from Wellbeing interventions are those that are ready to make changes, with our support.



Contact us

-  Wellbeing Service, The Conifers, Drayton High Road, Norwich, NR6 5BE
-  Wellbeing Suffolk Service, Hospital Road, Bury St Edmunds, Suffolk IP33 3ND
-  www.wellbeingnands.co.uk
-  0300 123 1503
-  Watch us on YouTube
-  Follow us on Twitter
-  Like us on Facebook
-  Follow us on Instagram



If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services and we will do our best to help.

Tel: 01603 421486

Email: customer.service@nsft.nhs.uk

Wellbeing Norfolk and Waveney and Wellbeing Suffolk are partnerships of NHS and voluntary organisations working together to offer a wide range of support for low mood, anxiety and depression.

- Norfolk and Suffolk NHS Foundation Trust • Relate
- Shaw Trust • Suffolk Family Carers • MTCIC
- Norfolk and Waveney Mind

We work together to deliver a range of support interventions for people aged 16 and over with low mood, anxiety and depression. For more information about who we are see: www.wellbeingnands.co.uk

Wellbeing is commissioned by Norfolk and Waveney, Ipswich and East and West Suffolk Clinical Commissioning Groups.

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wellbeing
Helping you live your life

NHS
iapt
Improving Access to
Psychological Therapies

Living well with a physical health condition

Are you feeling stressed and finding it hard to cope?
Feeling anxious or worried?
Feeling sad or low in mood?

You can refer online:
www.wellbeingnands.co.uk
or call: 0300 123 1503

-  WellbeingNandW
-  @WellbeingNandW
-  @wellbeingnandw
-  WellbeinginSuffolk
-  @Wellbeing_Suff
-  @wellbeingsuffolk



Your Wellbeing is important

We know that living with a physical health condition can be difficult.

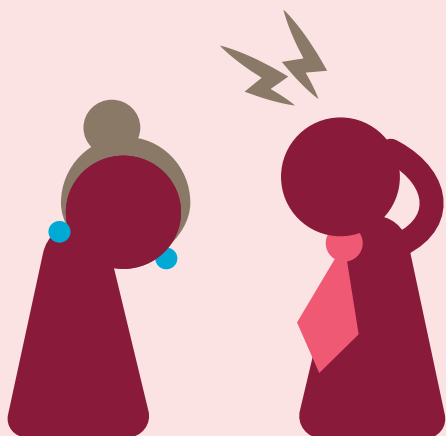
It can affect those who live with it, and those close to them, in many ways.

Some people feel overwhelmed by having to manage medications and medical appointments. Some people find it difficult to make lifestyle changes to support their condition.

It is very common for people living with physical health conditions to feel worried, anxious or feel low in mood at times, but having a physical health condition does not mean you shouldn't be able to enjoy your life!

People with a long-term health condition are two or three times more likely to experience problems with anxiety and low mood.

'More than 15 million people in England have a long-term health condition' The Department of Health.



Wellbeing provides support for people living with physical health conditions including:

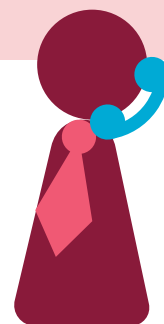
- **One-to-one talking therapies**, for people who are aged 16 and over
- **A range of psychological interventions** delivered online, by telephone, video, text, in workshops / groups, 1:1
- **Courses** applying cognitive behavioral therapy (CBT) techniques to help you achieve a better sense of wellbeing
- **Peer support** and access to **social groups** in your area
- Help to find **other support** for issues affecting your wellbeing such as debt and housing
- **Employment support**

If you need help urgently:

- Wellbeing is not for crisis or emergency situations
- In an emergency dial: **999**

If you feel you are in crisis, experiencing feelings of despair or are suicidal,

- Contact the **Samaritans** on: **116 123**
- You can also call your GP



An integrated service

Wellbeing works in an integrated way with other healthcare providers, working alongside and collaborating with GPs, hospitals, specialist nurses and consultants.

We will help you recognise if you are experiencing depression or anxiety that might affect how you are managing your physical health condition.

Wellbeing Practitioners have training and experience in working with people living with physical health conditions and, together, we will be able to talk about the range of therapy options that would be most helpful and suitable for you.

How to arrange an appointment

You can self refer by calling:
0300 123 1503 or online:
www.wellbeingnands.co.uk

You may wish to discuss your difficulties with your GP or a different member of your health care team who may also make a professional referral to The Wellbeing Service.

