

Are you living with a Respiratory condition?

Do you struggle with any of the following?

- Scared to be active when experiencing breathlessness, chest tightening, or coughing
- Feeling demotivated or struggling with tiredness
- Struggling to sleep well
- Worrying about your condition or things getting worse
- Feeling overwhelmed, frustrated or angry about having or managing your condition

If so, you are not alone and this is not something you have to put up with.

Whether you are newly diagnosed or have been living with respiratory difficulties for a while, IAPT is committed in helping people to feel in control of their mental and emotional wellbeing.

We are a free NHS Service providing a range of psychological support to help you with symptoms of anxiety, panic or low mood.

Useful websites and contacts:

British Lung Foundation can offer a listening ear and support through their helpline and support groups, as well as, expert knowledge.
British Lung Foundation: 0300 003 0555
www.blf.org.uk/

NHS Choices provides knowledge and tips on living with COPD and Asthma:
www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/
www.nhs.uk/conditions/asthma/

There are also resources available on our website:
www.covwarkpt.nhs.uk/IAPT

Free and confidential support is also available 24/7 from the below helplines:

Mental Health Matters:
0800 61 61 71 (free from landlines)
0300 330 5487 (free from mobiles)

Samaritans: 116 123



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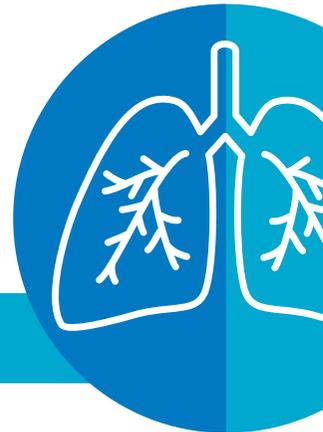
Improving Access to Psychological Therapies



Coventry, Warwickshire and Solihull

Psychological support for Respiratory Conditions

Information Leaflet



Did you know...

Sufferers of respiratory conditions are approximately twice as likely to suffer with anxiety and depression and up to 10 times more likely to experience panic attacks than the general population.

Talking Helps...

Research shows that improvements in psychological wellbeing have a positive impact in helping people to manage their respiratory conditions.

Where do I start?

- Be honest about your health and how you are really feeling
- Talk to your GP, nurse or make contact with IAPT
- Connect with others through online forums, confidential helplines and local support groups



What do we do?

We offer support called CBT, or Cognitive Behavioural Therapy. CBT looks at how your thoughts and behaviours affect the way you feel. Our aim is to give you practical tools to help manage your mental wellbeing, in order for you to feel happier, healthier and more in control.



We also offer counselling to explore your thoughts and feelings of living with a long-term health condition. We know that it can be difficult to adjust and accept the changes that respiratory difficulties bring, and you may feel that you have lost a lot.

Counselling can offer a safe space to help you explore the emotional impact in the hope that you are able to find acceptance of life with respiratory difficulties.

Next Steps...

You can self-refer to IAPT by calling:

024 7667 1090

One of our referral advisors will take your details and book you in for an initial assessment. This is usually via the telephone but can be arranged for face-to-face if you prefer.

The assessment will be your opportunity to discuss with a trained practitioner how your respiratory condition is affecting your mental, emotional and physical wellbeing. We will then discuss suitable support options with you. This may include other services outside of IAPT.

