

Living Well

Do you have a long term physical health condition that you feel is affecting your mental health and wellbeing?

Do you feel low in mood, down or depressed?
Are you having trouble sleeping or have low energy?
Are you feeling panicked, anxious or worrying a lot?
Do you struggle to relax or feel restless?

The Living Well Programme consists of 1-1 sessions and therapeutic groups. Our therapists can support you with:
Dealing With Your Diagnosis, Relaxation, Improving Mood, Panic Prevention, Beating Anxiety, Problem Solving, Getting Motivated, Better Sleep, Challenging Thoughts

Living Well support is available across Pennine Lancashire for anyone with a long term health condition such as COPD, Cancer, Diabetes, IBS, Fibromyalgia, Asthma, Heart Disease, Epilepsy, MSK, skin conditions or ME.

Please contact the Living Well team for more information or to book on to the programme.

Email: referrals@LivingWellLancs.org
Phone: 07434 716256



In Partnership with:
Lancashire Women's Centres
Mindmatter Lancashire Care Foundation Trust
NHS Blackburn with Darwen Clinical Commissioning Group
NHS East Lancashire Clinical Commissioning Group