

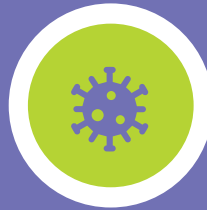
LIVING WELL WITH LONG TERM HEALTH CONDITIONS



Our team of specialist long term conditions therapist are here to help you. If you are not sure how talking therapies can help, book onto one of our workshops.

Living with long term health conditions can be stressful, frightening, and difficult to manage at times. It is very common for health conditions to affect how you feel, this can then affect how well you manage or don't manage your long-term health condition. Talking Therapies and mental health can improve your quality of life and relationships which in turn may even impact on your physical symptoms.

Clients can self-refer or be referred to the service either online via talking. turning-point.co.uk/wakefield or by calling us on 01924 234 860



ONE OFF WORKSHOPS

Keep an eye on our website or Facebook page for our one-off self-help sessions to teach you quick tips for feeling better, plus advice on how more support can help and where to get it

LIVING WITH LONG TERM CONDITIONS GROUP THERAPY AND COURSES

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy
- Mindfulness

ONLINE COGNITIVE BEHAVIOURAL THERAPY

Complete guided self help, in your home 24 hours a day with access for 12 months

ONE TO ONE THERAPY OPTIONS

We offer a variety of forms of counselling and therapy over the phone, face to face or video.

As well as being able to connect with others experiencing similar difficulties, you will learn new techniques to manage both your physical symptoms and mood.



The Mid Yorkshire Hospitals
NHS Trust

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