The severity of the symptoms can vary. At its mildest, you may simply feel persistently low in spirit, while at its most severe depression can make you feel suicidal and that life is no longer worth living.

**Adjusting to ill health**

Changes in our physical health can affect mood and stress levels and it is normal to experience changes in your mood and behaviour at times of increased stress and emotional upset. When ill health is causing psychological problems, talking therapy can help with your adjustment to ill health.

Adjusting to your ill health means coming to terms with your health, as it is now, but also thinking about what you can do to help.
What is the service?
We are a pilot service looking at the benefits of offering psychological therapies to people with a long term physical health condition. There may be a variety of reasons why your emotional health has been affected and why you may be feeling down, depressed or anxious. Our service aims to support you in order to bring about constructive change along with coping with your condition better. We are all trained Cognitive Behavioural Therapists or Psychological Wellbeing Practitioners.

Where will I be seen?
Appointments are in clinics in the Leicester City and Leicestershire and Rutland area, and we will try to find a clinic that is in a convenient location for you.

What will talking therapy involve?
You will have an initial assessment, to discuss the problems and ensure we are the right service for you. You will then agree with your therapist if more treatment sessions are needed. Together you will identify problems and work on finding solutions or resolutions using Cognitive Behavioural Therapy (CBT) techniques.

Cognitive Behavioural Therapy (CBT)
CBT is a talking therapy to help people with various problems in their life and bring about positive changes. It can help people improve their coping skills and to manage symptoms of feeling down, stressed, worried, anxious or depressed. CBT involves working together in order to identify your difficulties. You will work alongside your therapist finding solutions and putting these into action.

What will the first session with a cognitive behavioural therapist be like?
The first session will be an assessment, it will cover:

- Identifying the main problem with your emotional wellbeing and how this is impacting on you.
- Whether you have tried other methods to help with this problem in the past.
- How your physical health and/or medical treatments might relate to the psychological problems.
- And a bit more about you as a person; about your past and about now.

What happens next?
A member of the Let's Talk - Wellbeing team will be in touch to arrange a time and date for your first session.

Common Problems We Often Work With

**Being worried or anxious**
Anxiety is a common reaction to stressful circumstances. Examples of anxiety related problems are:

- Spending large periods of the day worrying.
- Often feeling nervous, apprehensive or on edge.
- Feeling that things are overwhelming.
- Finding it hard to relax or ‘switch off’.
- Experiencing unpleasant physical sensations such as butterflies in the stomach, muscular tension, dizziness etc.

**Feeling down or depressed**
This can be more complex than simply feeling unhappy or fed up for a few days. You may be feeling persistently sad for weeks or months on end. It is not a sign of weakness or something you can "snap out of" by "pulling yourself together". Being low affects people in different ways and can cause a wide variety of symptoms, some of which are:

- Lasting feelings of sadness and hopelessness.
- Losing interest in the things you used to enjoy.
- Feeling tearful.
- Physical symptoms such as feeling constantly tired or being constipated.
- Poor sleep.
- Having no appetite or sex drive.