

STRUGGLING WITH THE LONG-TERM AFTER-EFFECTS OF COVID-19?

SPEAK TO *LivingWell* UK

Early on, patients with both mild and severe Covid-19 say they can't breathe. Now, after recovering from the infection, some of them say they can't think.



Many of those who have had Covid-19 report having long-lasting effects: from a foggy mind, numbed limbs, and exhaustion; to low mood, anxiety, or PTSD. These can all make everyday life more challenging.

Here at Living Well UK, we want to help: we have specialist-trained expert therapists on hand to talk through your experience and identify strategies to help you get back to feeling like yourself again.

**GET IN TOUCH WITH LIVING WELL UK TODAY:
CALL 0121 633 1217 OR VISIT
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