

How Do I Access?

**Talk to your GP or call us on
0121 663 1217.**

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**Is your long-term health condition
causing low mood, anxiety & stress?**

Talk to us



Diabetes



Chronic Obstructive
Pulmonary Disease



Cardiovascular
Disease (CHD)



Musculoskeletal
Problems (Chronic Pain)



Chronic Kidney
Disease



Irritable Bowel
Syndrome



Chronic Fatigue
Syndrome



Medically Unexplained
Symptoms

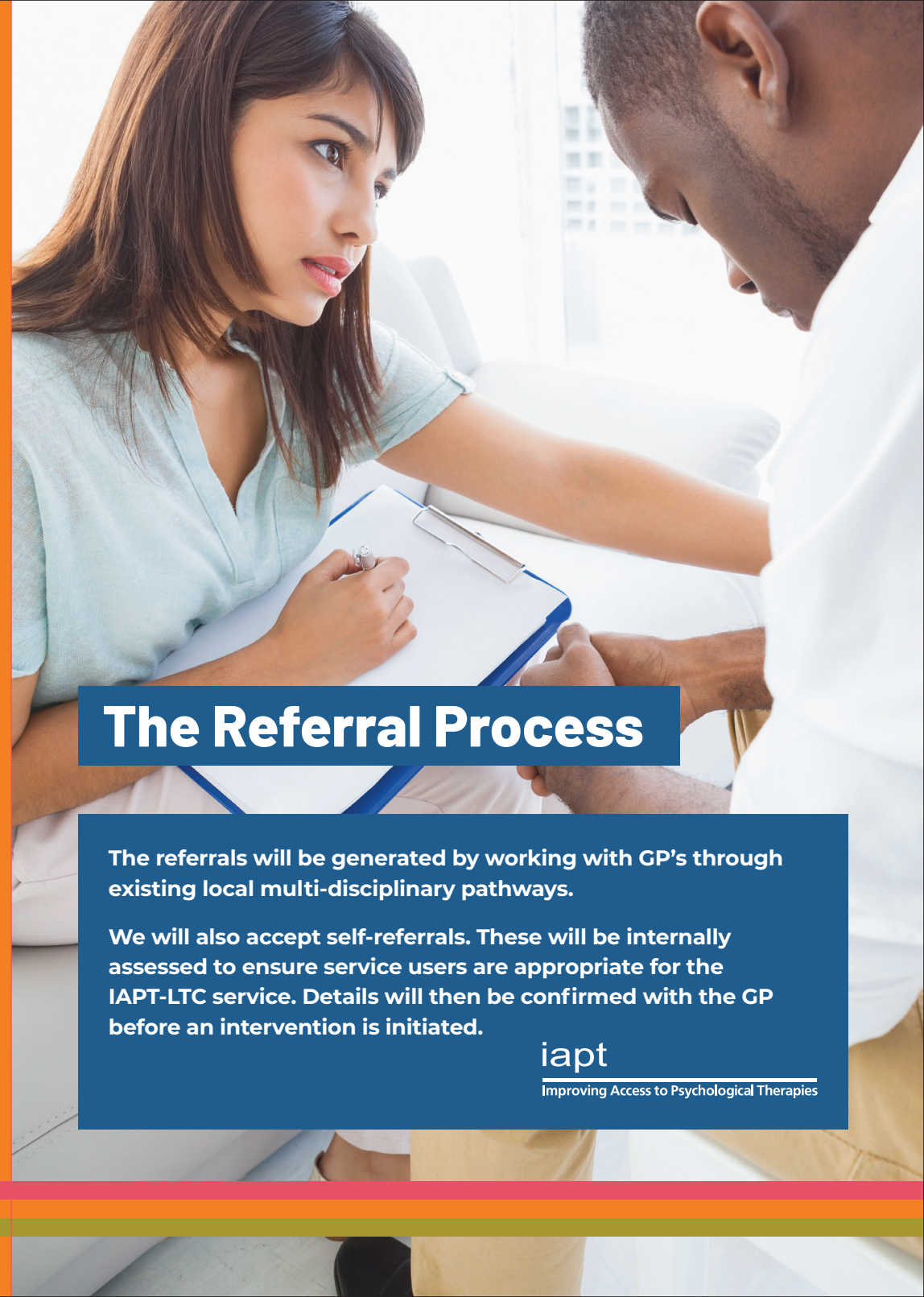
**Living Well UK offers pathways to supporting
people with psychological and mental health
distress into learning new ways of improving
psychological and mental wellbeing.**

Therapeutic Interventions



Our therapeutic interventions are suitable for individuals aged 16+ who have an existing long-term health condition and would like support to manage the impact it has on their mental health and wellbeing.

Our waiting times can range between 2 - 4 weeks and the service is delivered by Health Psychologists and qualified IAPT Talking Therapists who are located in or around identified GP practices in Birmingham.



The Referral Process

The referrals will be generated by working with GP's through existing local multi-disciplinary pathways.

We will also accept self-referrals. These will be internally assessed to ensure service users are appropriate for the IAPT-LTC service. Details will then be confirmed with the GP before an intervention is initiated.

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Improving Access to Psychological Therapies