

# Is living with a long term health condition getting you down?

## Did you know...

**30% to 40% of people with a long term health condition also experience symptoms of anxiety or depression. When life gets too tough we can help you through it.**

- A free and confidential NHS service
- Choice of face to face, online or group courses
- Specific support to adults living with a long term health condition, such as respiratory problems, diabetes, chronic pain or heart related problems
- Covering locations across Surrey
- Short waiting times and great health outcomes



**Talk to us today**  
**01483 906 392**  
Or visit  
**[dhctalkingtherapies.co.uk](http://dhctalkingtherapies.co.uk)**

**Contact us directly or you can ask your GP or health professional to contact us on your behalf.**