



**NHS**

**Warrington  
Talking Therapies**

**LIVING WELL  
WITH ILLNESS**

[www.mhm.org.uk/talking-therapies-warrington](http://www.mhm.org.uk/talking-therapies-warrington)

Service provided by:

**mhm**  
mentalhealthmatters

**MakingSpace**  
Health & Social Care Services



St Joseph's Family Centre



Adjusting to the challenges of receiving a diagnosis for a long-term health condition can often result in difficulties with low mood and/or anxiety.

This Living Well with Illness Course offers support through this transition by providing a combination of acceptance and commitment therapy and cognitive behavioural therapy. The main focus of the course is developing psychological flexibility, which involves:

- Becoming more present
- Learning to identify and unhook from unhelpful thinking
- Identifying and aligning with values
- Turning values into goals
- Looking at adjustment and loss

The course is delivered in a relaxed, friendly, accessible and supportive group environment with people who have shared experience.

We have received positive feedback from previous group members including the following comments about the course:

- “Helped me to relax, understand my body and rationalise situations better.”
- “Showed me how to manage getting through each day with the techniques learnt.”
- “Helped me to release my anger and frustration.”
- “Helped me understand how I can help myself.”
- “It wasn’t what I expected, it was much more.”

## **CONTACT US**

You can self-refer to the service via:

**Website:** [www.mhm.org.uk/talking-therapies-warrington](http://www.mhm.org.uk/talking-therapies-warrington)

**Phone:** 01925 401 720

**Email:** [tmw.referrals@nhs.net](mailto:tmw.referrals@nhs.net)