



in partnership with



Are you living with a Long Term Condition that is effecting your Mental Health?

Living with a long term condition can be overwhelming and can lead to low mood, anxiety and/or stress. At VitaMinds we run bespoke courses that provide lots of strategies to help you to manage mental wellbeing, long-term condition, and improve your quality of life. All our courses are **FREE** and run over **6 weeks**, around **1.5 hours** a week, delivered through MS Teams.



The courses we have running are:

- Living Well with Diabetes (type 1 and 2)
- Living Well with Respiratory Conditions (inc. COPD, Long COVID and asthma)
- Living Well with MSK Pain
- Living Well with Cardiovascular Disease
- Living Well with Irritable Bowel Syndrome
- Living Well with Long Term Conditions (for any other LTC not listed above)

Please ask your physical health team for a referral or self-refer via our website or phone number.



Get help now



Phone: **0333 015 2966**



vitahealthgroup.co.uk



Monday – Friday 8.00am – 8.00pm
Saturdays 9.00am – 12.30pm

