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Your dedicated Partnership Liaison Officer is Lucy Craigie

Please get in touch if you need any advice or information.

E: [Lucy.craigie@vhg.co.uk](mailto:Lucy.craigie@vhg.co.uk)

W: <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/calderdale/>

T: 0333 0153 494

Monday-Thursdays 08.00-20.00

Friday – 08.00-17.00

**Are you living with a Stroke, Diabetes, Chronic Pain?**

We are here for you... Living with a physical long term health condition can be challenging and completely normal to experience the following:

Excessive worry,

Low mood,

Depression,

Anxiety,

lack of motivation.

We provide a range of evidence based talking therapies which help to develop new ways of coping, assisting you to better manage your mood and support you to live well with a long-term physical health condition.

**Want to refer to NHS Calderdale Talking Therapies? Contact us on 0333 0154 494 or visit our website to complete our online form.**

**Referral to assessment**

**Patient Satisfaction**

**Reliable improvement**

**81%**

**7 days**

**68%**

GP BULLETIN – August 2023