

# healthyoutlook

If you have a physical health condition such as **diabetes**, **cardiovascular problems**, **IBS** or **COPD** then you are more likely to experience symptoms of stress, low mood and anxiety.

Your physical health and mental health are directly linked. Having an understanding of both can help you manage your physical condition and improve your overall wellbeing.



## Is Healthy Outlook right for me?

*Are you living with a long-term health condition?*

*Are you feeling stressed, angry, low or anxious?*

Then the **Healthy Outlook** service could be right for you. We can help you to manage your health and wellbeing through a range of free one-to-one sessions, Health and Wellbeing Workshops and online therapy.

## How can I refer?

- Contact your health professional such as your GP, Specialty Nurse, Consultant, Rehab Team etc. who will make a referral on your behalf.

For more information, please call **01208 871905** or visit **healthy-outlook.co.uk**

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