

Struggling to cope with low mood or anxiety when you have diabetes or heart disease?



Living with health problems can often be difficult to cope with, and at these times it may be helpful to have some additional support to manage better.

Talking therapies have been found to help improve symptoms of depression/anxiety when living with heart disease or diabetes. Sessions with a specially trained professional are available here.

If you are interested or would like to be referred, please speak to your GP or practice nurse to find out more.