

# Lung conditions and emotional wellbeing



Hertfordshire and Mid Essex Talking Therapies offers psychological help and employment support for people experiencing a wide range of common emotional difficulties. It is part of the NHS Talking Therapies, for anxiety and depression programme.



**for anxiety and depression**

Service provided by Hertfordshire Partnership University NHS Foundation Trust

# How can we support:

**Being diagnosed with a lung condition or living with one can be overwhelming. For people living with a lung condition it is common to feel worried, anxious or low in mood. However living with a lung condition does not mean you shouldn't be able to enjoy life.**

Whether you are living with Asthma, Chronic Obstructive Pulmonary Disease (COPD), Bronchiectasis or Interstitial Lung Disease (ILD), your quality of life and wellbeing is likely to have been affected. Some people report feeling anxious about the future and concerned about their overall health. Others find it difficult to adjust to changes in their daily life and enjoy usual activities. However, living with a lung condition doesn't mean you should continue to feel this way. Support from NHS Talking Therapies can help you manage your conditions, get you back to things you enjoy and rebuild your life.

## Do you...

**Feel down and upset since learning you have a lung condition?**

**Feel overwhelmed and find it difficult to make the changes that your GP or Health Care Professional have advised?**

**Become anxious when you become breathless, and worry that this could cause flare-ups or an asthma attack?**

**Feel isolated from friends and family now you are unable to join in activities you used to enjoy?**

## How our treatments can help:

Our services work closely with GPs, respiratory consultants, nurses, physiotherapists and occupational therapists from different services (including the Integrated Community Respiratory Service and the Pulmonary Rehab team) to provide a more joined-up care to patients living with lung conditions.

Treatment offered within Hertfordshire and Mid Essex Talking Therapies is based on Cognitive Behaviour Therapy (CBT). CBT is an evidence based treatment recommended by NICE and is effective at reducing symptoms of low mood, anxiety and other emotional problems. For many people, improving how we feel can lead to improved self care and management of COPD.

We provide CBT treatment in different formats. This may include remote interventions such as interactive webinars, video calls, telephone calls, group sessions or face to face appointments.

## What to expect after a referral:

Following your self-referral or health care professional referral you will be invited to have an appointment with one of our specially trained clinicians. This appointment will usually take up to an hour and will involve completing questionnaires to help the clinician understand your concerns. Please note, you will receive an SMS reminder prompting you to log in to the Patient Portal to complete all questionnaires prior to your appointment. If you need help completing these questions, our clinicians will be happy to do this with you at your appointment.



At the end of your appointment, you and your therapist will reach a decision about what type of support could be most helpful for you and a plan will be agreed to start treatment.

## Find out more - Watch our video:

This 'Living well with COPD – Managing Panic and Breathlessness' video focuses on the emotional wellbeing of people living with COPD and offers a few strategies for managing those times when you might feel a bit low or stressed:

[www.hpft-talkingtherapies.nhs.uk/resources-and-self-help/self-help-videos/living-well-copd-managing-panic-and-breathlessness](http://www.hpft-talkingtherapies.nhs.uk/resources-and-self-help/self-help-videos/living-well-copd-managing-panic-and-breathlessness)

# How to refer:

If you would like to refer yourself there are a number of ways you can do this including:

- The quickest way to refer is online:  
**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)**
- You can speak to your GP or Health Care Professional who can make a referral for you.
- You can make a self-referral by calling:  
Hertfordshire - 0800 6444 101 or Mid Essex - 01376 308704



Find out more information about our service:

**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)**



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Hertfordshire & Mid Essex Talking Therapies

If you require this information in a different language or format please contact the Trust on 01707 253903 or speak with the service providing you with support.

**Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.**

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

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**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)**