

Living Well with Long-Term Conditions Using ACT



for anxiety and depression

Service provided by East London NHS Foundation Trust

Improving Your Mental & Physical Wellbeing

Living with a long term physical health condition—whether a chronic illness or a disability—can often feel overwhelming. The effects of the condition can consume so much of your time and energy that it may seem like the rest of your life is on hold. You may feel trapped in a constant struggle, with every day focused on managing symptoms, and it might seem impossible to find meaning or fulfilment when there is no cure in sight.

What is the programme about?

The "Living Well with Long-Term Conditions Using ACT" program consists of 8 weekly group therapy sessions designed to help you live a fuller, more meaningful life, despite the challenges of your condition. This programme uses Acceptance and Commitment Therapy (ACT), an approach that builds on the latest developments in Cognitive Behavioural Therapy (CBT) by incorporating mindfulness and acceptance strategies.

The group program will guide you in recognising and moving beyond unhelpful coping strategies that may be keeping you stuck. You'll learn how to manage troubling thoughts and emotions without letting them control your life, how to adapt to the changes brought by your condition, and how to focus on what truly matters to you.

Would it benefit me?

This program is designed for anyone living with a long-term physical health condition or disability who wants to improve their mental and emotional wellbeing. The content is accessible and practical, offering evidence-



based strategies that can be implemented right away to make a positive difference in your life. Whether you're feeling overwhelmed by your condition or just looking for ways to live more fully, this program can provide the support you need to not just exist, but truly live again.

How are sessions conducted?

Sessions are conducted remotely via use of Microsoft Teams and a link to attend all meetings will be provided ahead of each session. For this reason, participants will need access to a laptop, tablet or smartphone, an email address and MS Teams to access these sessions.



When are the sessions held?

Sessions are 2-hours duration, taking place on a set date and time each week and courses generally run for 8 consecutive weeks. Please contact the service directly for details of group availability or if you need to inform us that you are unable to attend your group sessions.

What if I find group therapy is not for me?

Different things work for different people and group-



based support will not be for everyone. For this reason, if you decide that this approach does not resonate with you or fit in with your current lifestyle/situation, please let us know and you will be assisted in exploring alternative options which may be more suitable for you.

We hope to see you soon!



Bedfordshire NHS Talking Therapies Service

Address: Gilbert Hitchcock House, Bedford Health Village, 21 Kimbolton Road, Bedford, MK40 2AW

Tel: 01234 880400

Email: elt-tr.bedfordIAPT@nhs.net



NEED URGENT HELP?

Our service is not staffed to be able to provide urgent help. If you feel you are in crisis, you can make an urgent appointment with your GP to discuss options on how to get the support you need quickly. Alternatively, you can call the 24hr Mental Health Crisis Support Team (for all ages 24/7) on NHS 111 and select option 2. At all times, you can also call the Samaritans on 116 123, or attend your local hospital Accident & Emergency.

