

Does living with an illness affect how you feel?

Talking Therapies in Wigan can help

Spending time worrying about your future, or no longer enjoying life as much as you used to can often feel like part of a physical illness. It does not have to be. Whether your illness is diabetes, COPD, chronic pain, heart disease, cancer or you have poor health, or supporting someone who does, you can learn how to manage your feelings.

Talking Therapies offers free NHS therapy choices to people aged 16 and over, who are registered with a Wigan GP.

We can help you to better understand the impact that your physical and mental health can have on each other, and develop skills to better manage your mood and anxiety. Contact our service to have an assessment with one of our therapists. They will explore your current difficulties and symptoms to decide on the best therapy option to help you. We offer a wide range of easy-to-access, flexible therapy options to suit your lifestyle.

To self-refer today, visit: <https://www.gmmh.nhs.uk/wigan-talking-therapies> or call **01942 764449**.



for anxiety and depression

Service provided by Greater Manchester Mental Health NHS Foundation Trust.

People experiencing physical illnesses are even more likely to experience depression and/or anxiety so it is important to be on the lookout for these signs.

Sometimes people think that these symptoms are part of their illness and just something they have to put up with. However, they may be signs of depression or anxiety.

Signs that you may be depressed or anxious can include:

- Negative or gloomy thoughts
- Changed eating or sleeping patterns
- Loss of interest in things you used to enjoy
- Finding it hard to relax
- Loss of energy
- 'Brain fog'
- Worrying all the time
- Drinking more alcohol or caffeine
- Feeling like you'd rather not be around other people
- More irritable and snappy than usual
- Feeling that you will never be able to manage your physical difficulties
- Not wanting to take your medication
- Feeling that your physical illness means you'll never be able to enjoy life again

If you spot some of these and they last for more than two weeks, Talking Therapies can help.

To self refer today, scan the QR code, go to <https://www.gmmh.nhs.uk/wigan-talking-therapies> or call us on 01942 764449



Please note, we are a non-urgent service. If you need urgent help, please make an emergency appointment to see your GP or contact the Wigan 24/7 Mental Health Crisis Line on **0800 953 0285** (freephone)



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