

JUST DIAGNOSED

LIVING WELL SUPPORT online SESSION

For adults who have recently received a diagnosis of a long term health condition, and their carers and families.

Run by Psychological Therapists from the Physical Health and Rehabilitation Psychology (PHRP) Service

Remote – Technical support can be facilitated

What will I learn from this session?

- Normal reactions to difficult news.
- How to communicate in the face of difficult news with family, friends and health professionals.
- Prepare for medical appointments.
- Manage worry and uncertainty.
- How to create a wellbeing toolbox.
- When to seek further psychological support and what support is available.

Please scan the QR code to learn more



and book on to
any of the offered
sessions or phone
01768 245954

This is not a 'therapy group', you will not be asked to share details of your life with others in this group. However, there may be some general group discussion.