

**ARE YOU LIVING WITH A LONG-TERM
PHYSICAL HEALTH CONDITION ?**

**CHRONIC PAIN? COPD? IBS? DIABETES?
CARDIAC PROBLEMS? FATIGUE?**

IS IT AFFECTING HOW YOU FEEL & WHAT YOU DO?

**I WAS FEELING ANXIOUS
AND WORRIED ABOUT
MY PHYSICAL HEALTH
CONDITION, SO I CONTACTED
THE HEALTH AND WELLBEING
SERVICE TO SEE WHAT HELP
WAS AVAILABLE TO ME**



Contact us on 0114 271 6568

or find out more by visiting

www.iaptsheffield.shsc.nhs.uk

