

**First Step** offer talking treatments, to help you understand and change your ways of thinking, feeling and acting which can then help you to do the things you want to do and live a more satisfying life.

There are three ways to access help from NHS North Cumbria Talking Therapies people living in North Cumbria, via:

- your GP
- online self-referral
- paper self-referral

Visit: [www.cntw.nhs.uk/NCtalkingtherapies](http://www.cntw.nhs.uk/NCtalkingtherapies)

Or phone: 0300 123 9122

## **Anxiety – feeling stressed, nervous, out of sorts or worried:**

- 67% of people with chronic pulmonary disease report panic disorder.  
*(Long-term conditions positive practice guide, Improving access to psychological therapies, 2008)*
- Symptoms of lung disease can be similar to those of anxiety so problems can go untreated eg tightness of chest, fatigue and breathlessness.
- Worry about health, employment, relationships, finances and appearance may also increase feelings of anxiety.

## **Depression – feeling down, sad, low or under a dark cloud:**

- 51% of people with chronic pulmonary disease experience symptoms of depression or anxiety.  
*(Long-term conditions positive practice guide, Improving access to psychological therapies, 2008)*
- Usual activity can reduce or change, affecting enjoyment or pleasure.
- Other signs may be putting things off or avoiding things because you feel you can't cope anymore.
- Some people may stop seeing or talking to family and friends because they're worried about what they will think.



**This is what people have told us about why they had worries about accessing help:**

**“I don’t feel bad enough to ask for help.”**

**“ What will people think?”**

**“I’ve already got enough appointments.”**

**“I should be able to handle this on my own.”**

**“It’s just a physical problem.”**

Since **North Cumbria Talking Therapies** began in 2009, more than 1,000 patients with Chronic Obstructive Pulmonary Disease have successfully completed treatment for depression and/or anxiety.



Talk to your rehabilitation provider if you think you need some help.