

## It's OK to talk about your mental health

Our course tutors all live with health conditions. They will make you feel at ease and in a safe place to talk about your mental wellbeing.

**"We've got good tutors who understand and who break things down to our level".**



Together, we will talk about:

- That it is ok to not be OK.
- Tools and techniques for managing your long-term condition
- How to deal with the challenges and stigma of living with a long-term condition
- How to open up to your family, friends and healthcare team

The course will be delivered over 7 sessions, each lasting 2 hours.

### 3 reasons to join:

1. Talk to others and our tutors who understand what it is like to live with poor mental health.
2. Each week focuses on a different topic and we share lots of tips on how you can manage your condition better, how to get the most out of your GP appointments and how to talk to your friends and family about how you are feeling. You will also find out how you can create your own support groups after the course.
3. Its easy and **FREE TO JOIN** and get the support you need. Your GP can refer you, just ask them. Or you can call us directly to find out more.

- ✓ **Did you know that our tutors all live with long-term conditions too?**
- ✓ **Many of our course participants still keep in touch with each-other after 10 years.**
- ✓ **Our tutors are available to talk to you through how it works and what to expect.**

### What to do next:

1. Contact us on 0800 988 5560 or 03333 445 840 or by email [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)
2. We will let you know the courses available and register you on the best one for you

Self Management UK is a charity and we have supported over 150,000 people, across the UK, with long-term health conditions.

**Freephone: 0800 988 5560 Local Call: 03333 445 840**

**Email: [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)**

**Web: <https://www.selfmanagementuk.org>**

**Chronic pain? High blood pressure? Depression? Fatigue? Asthma?**