

Patient information factsheet

Mental health and wellbeing support when you have a heart condition

This factsheet contains a list of useful mental health and wellbeing support services and resources for people living with a heart condition.

Psychological therapy services

NHS talking therapies

Talking therapies are psychological treatments for mental health difficulties like anxiety, depression and stress. There are lots of different types of talking therapy, but they all involve working with a trained therapist. Most talking therapy services offer a type of therapy called cognitive behavioural therapy (CBT). CBT helps you to make changes to unhelpful thoughts and behaviours to feel better. This treatment may be one-to-one, in a group, online, over the phone, with your family, or with your partner.

For more information about talking therapies, visit:

www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/types-of-talking-therapies

You can access talking therapies for free on the NHS. You can refer yourself directly to an NHS talking therapies service without a referral from a general practitioner (GP), or a GP or specialist nurse can refer you.

If your GP is located within Southampton City	If your GP is located outside of Southampton City but within Southampton	If your GP is located somewhere else
<p>Steps2Wellbeing Telephone: 0800 612 7000 Website: www.steps2wellbeing.co.uk</p>	<p>NHS Talking Therapies Hampshire Telephone: 023 8038 3920 Website: www.italk.org.uk</p>	<p>You can visit the link below to find your local NHS talking therapies service: www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression or ask your GP</p>

Counselling services

Counselling is a kind of talking therapy that gives you a space to talk about difficult experiences and feelings. It might be better suited to you if you just need to talk about what you are going through, rather than focusing on managing a mental health problem. Not all NHS talking therapy services offer counselling. The services on the next page offer reduced-cost appointments.

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Life Changes Counselling

Telephone: **07444 001845** (Monday to Friday, 9am to 5pm)

Website: www.lifechangescounselling.org.uk

Southampton Counselling and Therapy Centre

Email: info@sctc-counselling.org

Website: www.sctc-counselling.org

Relate

Specialist relationship therapy for people struggling with the impact of their heart condition on their relationships.

Website: www.relate.org.uk

If you are not sure whether counselling, CBT or another talking therapy would be right for you, you can start by referring yourself to your local NHS talking therapy service who can help you make the decision.

Heart condition charities and services

The British Heart Foundation (BHF)

The charity runs weekly exercise groups for people with heart conditions in Chandler's Ford and Winchester. For more information, visit: www.bhf.org.uk/what-we-do/find-bhf-near-you/winchester-heart-support-group

The charity also provides a peer-to-peer online community forum that allows you to talk to others who have similar heart difficulties. For more information, visit:

www.bhf.org.uk/information-support/our-online-community

Telephone: **0808 802 1234** (Monday to Friday, 9am to 5pm, excluding bank holidays)

Email: hearthelpline@bhf.org.uk

Website: www.bhf.org.uk/information-support

Cardiomyopathy UK

Cardiomyopathy UK is a national charity for people affected by cardiomyopathy (a condition that affects the heart muscle). The charity offers a free, online, educational group course that uses psychotherapy skills based on acceptance and commitment therapy (ACT). The course aims to help you live your life more fully in spite of challenging thoughts and feelings.

The charity also offers support groups for people affected by cardiomyopathy (including carers and loved ones). For more information, visit: www.cardiomyopathy.org/supportgroups

Alternatively, through their 'Heart to Heart' network, you can speak with trained peer support volunteers who either have cardiomyopathy or support someone who does. For more information, visit: www.cardiomyopathy.org/heart-to-heart

Nurse helpline and genetic advice helpline: **0800 018 1024**

Email: contact@cardiomyopathy.org

Website: www.cardiomyopathy.org

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Pumping Marvellous Foundation

Pumping Marvellous is a charity that offers guidance and information on living with heart failure.

Website: www.pumpingmarvellous.org

Emotional support services

Samaritans

Samaritans offers a non-judgemental listening ear for people in distress.

Telephone: **116 123** (24-hour helpline)

Busting therapy myths

Other people have it worse than me. I don't deserve help.

You don't have to be severely unwell to access therapy. In fact, some NHS therapies are designed specifically for people with mild difficulties. Therapists are trained to help no matter the severity of your distress.

It is better for everyone if I keep my problems to myself.

Years of research has shown that talking about your emotions can:

- reduce feelings of distress
- improve your ability to problem solve
- improve your ability to cope

What if I don't like therapy?

Whether you have therapy or not is completely up to you. You can stop having therapy at any time if you decide it isn't right for you.

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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