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**Managing your wellbeing with a heart condition**

Psychological support group

7 sessions online looking at guided self-help to support with adjusting to the condition including;

**manging low mood**

**managing anxiety**

**dealing with unhelpful thoughts**

**improving relaxation and sleep**

Next group starting on: 7th May 2024 1pm – 3pm

Provided by Cheryl Ryan and Megan Bale

**NHS Northamptonshire Talking Therapies - Health**

Contact: 03000 270 584 or [talkinghealthnorthants@nhft.nhs.uk](mailto:talkinghealthnorthants@nhft.nhs.uk)

Please be aware that an assessment will be completed prior to the group starting.