

Need Ideas to Cope with the Stress of Lockdown?

Try one of our FREE COVID-19 related
webinars...

Why book onto our courses?

- They are based on Cognitive Behaviour Therapy (CBT) – an evidence based therapy used widely in the NHS
- They discuss how to face difficulties with lockdown in a practical way
- You can meet others with similar experiences to you and discover that you are not alone
- We only ask you to share as much as you are comfortable with – you are not obliged to share your life story

We are actively looking for referrals from people who may benefit from this support – so please contact us!

Managing Worry and Anxiety During a Global Pandemic

Find it hard to switch off?

Spending a lot of time worrying?

Is anxiety preventing you from doing what is important to you?

Learn how to manage your worry about the pandemic so that it doesn't rule your life

Maintaining Wellbeing in Isolation

Feeling down, low or isolated?

Lack energy and motivation in lockdown?

Putting things off or avoiding them altogether?

Learn how you can make changes that will lift your mood in isolation

Register by phone or email

Contact CNWL Talking Therapies Westminster
030 3333 0000 • westminster.iapt@nhs.net

More Specific Support for New Parenthood, Older Age and Living with a Long Term Health condition (LTC)

Living Well with COVID and a Long Term Health Condition

*Struggling to keep on top of your
health management in isolation?*

*Worried about having complications
if you have COVID?*

Feeling stressed in isolation?

**Learn how you can look after
your health and improve your
wellbeing in isolation**

Managing Parenthood During COVID-19

*Finding it hard to juggle family life
with your wellbeing in isolation?*

*Worried about being pregnant during
COVID?*

**Learn how you can make the
most of isolation with your
family/in pregnancy while
being kind to yourself in the
process**

Living Well With COVID-19 in Older Age

Struggling with being told you need to self-isolate?

Finding it difficult to find purpose and meaning in your routine during COVID?

Feeling angry or stressed about what's happening?

**Learn how you can live as well as you can well in isolation, while
being there for your loved ones**

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You must be a Westminster resident or registered with a Westminster GP to attend these courses.