



Feeling Breathless?

Breathlessness can sometimes be frightening and distressing. Having difficulty breathing can affect people's lives in many ways. It can affect the way we think and feel and the things we do.

But support is available!

What is the Clinical Health Psychology Service?

We are a team of psychologists who work with patients who are experiencing breathlessness or have been impacted by a respiratory condition such as COPD, Covid-19, Asthma or lung disease.

What we can help with:

We can help with lots of difficulties related to breathlessness, including:

- ▶ Feeling down or in low mood
- ▶ Feeling stuck
- ▶ Feeling frustrated
- ▶ Feeling afraid, worried or stress
- ▶ Difficulty sleeping
- ▶ Feeling it difficult to manage your condition.

What to learn more? Interested?

Speak to any healthcare professional involved in your care, they can discuss our service with you and refer you to us.