**Chronic Conditions Toolkit: Patient landing page**

We all struggle with our mental health from time to time. But if you’re living with a health condition like diabetes or chronic pain you might need a little extra support.

If you’ve just been diagnosed, you might be feeling worried about your health, and anxious for the future. If you’ve been living with a condition for a while, you may feel frustrated that everyday activities can be harder to do.

If you have been feeling low for more than a few weeks then we’d like you to give one of our free online mental health programmes a try. Developed by SilverCloud® by Amwell®, these programmes have been created specifically to support people living with a long-term health condition.

Each programme is designed for a specific condition and use Cognitive Behaviour Therapy (CBT) tools, activities, information and support to help you to understand the link between your condition and your mental health. They can help you manage, and even improve, your mental health.

You’ll learn how:

* To understand the relationship between a chronic condition and mental health.
* Your lifestyle choices may impact on anxiety, depression, and your overall wellbeing.
* To spot thinking traps and worry, and to face your fears using gradual exposure.
* To identify and challenge unhelpful negative thoughts and replace them with more helpful self-talk.
* To avoid a relapse of mental health issues by noticing warning signs, managing triggers, and setting future goals.
* To build a strong support network that’s there when you need help.

Backed by 20 years of research, the SilverCloud® platform has already supported over 1 million people to feel better.

You can choose from these programmes:

* *Depression & Anxiety Programme for Chronic Pain*
* *Depression & Anxiety Programme for Lung Conditions*
* *Depression & Anxiety Programme for Diabetes*
* *Depression & Anxiety Programme for Breast Cancer*
* *Depression & Anxiety Programme for Coronary Heart Disease*
* *Depression Programme for Multiple Sclerosis*
* *Depression Programme for Rheumatoid Arthritis*

The chronic condition programmes are confidential and available any time of day and from any device, including a tablet or your mobile phone. Each programme can be personalised to ensure it meets your needs.

*[OPTIONAL COPY WHERE RELEVANT/ REMOVE IF NOT: In some cases we may assign you a supporter. That’s a real person to provide help and answer your questions.]* Ask your [*APPROPRIATE PERSON HERE*] for more information.

Your mental health is just as important as your physical health, so if you’re feeling stressed, worried or overwhelmed, we want to help.  Get in touch with [*INSERT RELEVANT PERSON OR CONTACT DETAILS HERE*] to find the best programme for your needs.