**Do you have COPD / Asthma or Diabetes?**

**Is your health condition affecting your mood? Do you feel Anxious, Worried, Low, Sad, Down?**

**  **

**First Step is a free NHS service that provides effective talking therapies for adults with common mental health problems across South Cumbria.**

**Providing telephone, video or computerised treatment during COVID19 restrictions**

**Ask your GP or your specialist Practice Nurse to refer you.**

**Website:** [**www.LSCFT.nhs.uk/First-Step**](http://www.LSCFT.nhs.uk/First-Step)