

CPFT Psychological Wellbeing Service

Chronic Obstructive Pulmonary Disease (COPD)



The Psychological Wellbeing Service offers treatments across Cambridgeshire and Peterborough.

Refer yourself directly via:

www.cpft.nhs.uk



or call:

0300 300 0055

A member of Cambridge University Health Partners

Where will we see you?

Therapists work in consultation rooms, GP surgeries, hospitals and community settings throughout the county.

Waiting time

Please expect there to be a waiting time between your referral and receiving treatment. You can ask at your assessment for our best estimate of waiting times.

Is the service for everyone?

We try to be as inclusive as we can, but psychological therapy is not for everyone.

Wanting to change is important. Our service may not be right for you if :

- You have a diagnosis of serious mental illness or personality disorder.
- You have a history of self harm or suicide attempts.

In the above cases, we would suggest discussion with your GP prior to self referral who will be able to look at the best options for you.



How can I refer myself?

We recommend referral in the first instance via the web page:

www.cpft.nhs.uk

Alternatively, call our self-referral team on the number below and they will guide you through the process. Let them know that you have a COPD diagnosis. The line is open 9am to 5pm, Monday to Friday.

0300 300 0055

Emergency contact details

If you feel you are experiencing a mental health crisis and need access to immediate help, please call our **First Response Service on 111 and select option 2.**

Other sources of help include:

Your GP

Samaritans Telephone 116 123, or
E-mail jo@samaritans.org

For further Information about the Psychological Wellbeing Service (IAPT) and for additional copies of this leaflet, contact us at selfreferIAPT@cpft.nhs.uk

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If you require this information in another format such as braille, large print or another language, please let us know.

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www.cpft.nhs.uk



Emotional effects

It is common for people living with a COPD or other chronic respiratory diseases to feel anxious or low in mood. Symptoms such as breathlessness, coughing and fatigue can contribute to feelings of stress, anxiety or depression. These feelings can lead to reduced activity levels, which may worsen your condition.

Talking to someone

Most people do not speak to anyone about the emotional or psychological impacts of living with COPD. Sometimes this is because they feel nothing can be done to help them or they may feel that other people don't know how to talk about it. Some people believe that others will judge them negatively due to their condition.

Finding support

Most healthcare professionals are aware of the psychological issues associated with COPD and want to help you to understand what causes you to feel down or anxious. This will help you to take control of your life.

The Pulmonary Rehabilitation and Community Respiratory Teams are trained to deal with a range of emotional difficulties associated with a longstanding respiratory condition. They will use a screening tool to assess your psychological health and may recommend that you are referred to our service for further support.

Improved management of stress and depression may also help to support future changes to your physical and emotional health. This may also lower your risk of further chest infections.

CPFT Psychological Wellbeing Service

works alongside and collaborating with GPs, hospitals, specialist respiratory nurses and consultants. We will help you recognise if you are experiencing anxiety or depression and how this might affect health and management of your condition. Together, we will be able to talk about the range of therapy options that would be most helpful and suitable for you.

What do we offer?

- **Guided self help** for mild to moderate psychological problems
- **Cognitive Behaviour Therapy (CBT)** for moderate to severe psychological problems



We have a range of treatment options available including face to face, over the phone, online and in groups. We work with a wide range of emotional difficulties. We will work out what treatment will suit you best at your assessment depending on your needs. It will not be specified or chosen by external clinicians or agencies.

Sessions take around 30 minutes to one hour depending on the type of treatment you receive. The total number of sessions will depend on your needs, but we are a short term therapy service.

We also offer:

- Interpretation services where required
- Signposting to counselling, partner agencies and other services to support other needs such as return to employment

Who is the service for?

The service is for people aged over 17 years who are normally resident in Cambridgeshire and Peterborough who are registered with a GP in one of these areas. We do not have an upper age limit.

How much does it cost?

As an NHS service, the treatments that we offer are free of charge.