

# #AskHowIAm

– Information for people with long-term conditions

## Information for people with long-term conditions

**Your mental health matters:** Living with a long-term condition can put pressure on your mental health, but you don't have to 'put up with it'. Looking after your mental health can help you to manage your condition and to enjoy better overall wellbeing.

**You have a right to be supported with your emotional wellbeing:** Asking for help is not a sign of weakness or a lack of resilience. And help with your mental health can be as important as caring for your physical health. You can ask for general help and advice from your healthcare providers, as well as access to talking therapies, online help or advice, or referrals for specialist support.

**Asking for support can make a difference:** Getting help early can prevent emotional difficulties escalating into more serious problems, but there is no wrong time to seek help for your mental health. If you have internet access, advice, self-help resources and information online can be helpful. Many long-term condition charities also have helplines which may offer advice and support on emotional health.

**Information about looking after your mental health** and supporting others is available from the NHS Every Mind Matters website <https://www.nhs.uk/every-mind-matters/> and information about a range of mental health conditions and how they are treated can be found at <https://www.nhs.uk/mental-health/>.



If you are in a crisis or immediate danger, please call 999



Call NHS 111 if you need help but are not in immediate danger



Contact your GP and ask for an emergency appointment



Contact the Samaritans who are available 24 hours a day, by phone (free for UK and Ireland) 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org).



For more advice and helplines please visit the Helpline Partnership

