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## Coping with irritable bowel syndrome

It's not always easy living with IBS. You won't always feel like yourself and at times it can feel overwhelming, unpredictable and embarrassing.

IBS can impact on your relationships, your ability to socialize and your confidence. Some people can feel depressed or anxious. What's more, stress, anxiety and low mood can impact on IBS, leading to flare-ups, and people can find themselves stuck in a vicious cycle.

If you're not feeling on top of things, it's hard to look after yourself. That's why help is at hand.

### **Talk Changes for Health**

*Talk Changes for Health* is a free, confidential NHS service for people in City and Hackney. Its specialist team helps people find new ways to manage their IBS, to feel in control and live life to the full.

This involves talking with a trained professional to help you work out how to deal with negative thoughts and feelings and make long-lasting positive changes. But they're not only for emotional health issues. Talking therapies can also help people with a long-term physical health problem to stay motivated, stick to treatment plans and enjoy a better quality of life.

Most people find that there is some aspect of managing their IBS that can be improved. Even if it's only a small change, it's worth it.

Talking about IBS and how it's making you feel isn't always easy. It can be hard to get started, or to find someone you can open up to. Maybe you don't feel like you need to talk or you don't want to burden anyone. But offloading what you're feeling can have many benefits, both for you and for those close to you.

You can find out more at [www.talkchangesforhealth.org.uk](http://www.talkchangesforhealth.org.uk), where you can fill in a simple online registration form. Alternatively, call 020 7683 4278, quoting reference 'LTC' so they can direct you to the right team.