

# EC3 Emotional Care for Chronic Conditions

a wellbeing programme

Do you have a diagnosis of  
**Atrial Fibrillation? Heart Failure?  
Coronary Heart Disease?  
Chronic Obstructive Pulmonary Disease?  
Asthma? Diabetes? Stroke? Obesity?**  
**AND** is it affecting your emotional wellbeing?

Join the **EC3** Programme!



The **EC3** Team  
can help you find  
ways to help you  
manage the emotional  
fallout of your chronic  
condition better

**EC3** offers a range of  
therapeutic and supportive  
interventions

**Ask your GP or Social  
Worker to refer you to EC3**

For more information contact:  
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[www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)



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