

# 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!

For more information contact  
Carol Evans, Manager,  
**EC3** 4 Rosemary Lane, Denbigh  
LL16 3TT tel: 01745 812461  
email: [carolmind@ruralnet.org.uk](mailto:carolmind@ruralnet.org.uk)



in partnership with Renewminds



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**