

Living Well with MSK Conditions



Living with MSK conditions and symptoms such as Chronic Pain and Rheumatism can be hard. If you also feel stressed or down, looking after yourself and sticking to a healthy lifestyle can be even more difficult.

Sounds familiar? We can help.

Refer yourself online at www.mertonuplift.nhs.uk to arrange to speak with a specialist clinician. We offer a range of courses and talking therapies to help you manage.

Remember to tell us on your referral form that you are living with MSK conditions.

www.mertonuplift.nhs.uk

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If you score 3 or more on our wellbeing quick quiz, you might benefit from accessing support from us.

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Over the last 2 weeks, how often have you been bothered by the following problems?

(Use “✓” to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3