

# Living with IBS and looking for extra support?

*myIBS* provides FREE additional support and information for those who are living with IBS, whether you have been newly diagnosed or have been living with the condition for some time.

*myIBS* provides 12 weeks of FREE information, and includes coverage of topics such as:



*What can I do to help myself?*



*Specialist treatments for IBS-D and IBS-C*



*Questions to ask your doctor*



*Psychological impact*



*What causes IBS*



*And much more...*

# Helping you self-manage chronic illnesses & conditions

Our support programmes are written and developed by experts to provide additional support and guidance for the self-management of chronic illnesses and conditions, and include:

