

# Are you going through wound treatment and need extra support?

talkhealth's **FREE** support programme, *mywound*, can help. The support programme provides 12 weeks of self-management guidance on your wound, scar or burn treatment, written by medical experts.



There are three different types of *mywound* support programmes, dependent on severity:

**RED:** Severe wound caused by a burn, trauma or ulcer. This may be a large area or take a long time to heal.

**BLUE:** Moderate wound caused by a burn, trauma or major operation. This may take some time to heal.

**GREEN:** Mild wound caused by a burn, trauma or minor operation. This should heal quickly and without complication.

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# Helping you 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:

