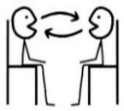
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**Are you, or someone you know, living with**

**long Covid?**



**Who can join?**

The study is open to anyone **over 18 years** of age, who has been experiencing **long Covid symptoms for 12 weeks or more** and has **consulted with their GP**.

You will also need access to the **internet** or a **telephone**.

**What will I receive?**

Participants will be placed randomly into one of **two groups**.

One will receive the **LISTEN support package**, which will involve a resource book and up to six, one-to-one video or telephone call support sessions.

The other will receive their **usual local NHS services**. Usual care participants will receive the resource book at the end of the trial.

The **Long Covid Personalised Self-management support co-design and Evaluation** (LISTEN) is a new study which is evaluating the effectiveness of a **new personalised self-management support programme**. This support programme was **co-designed** by people living with long Covid.

* Using an internet browser to search [**www.listentrial.co.uk**](http://www.listentrial.co.uk)

**or**

* **Scanning here**

using a smartphone.

**To find out more information, read the full trial information sheet and to register your interest, please visit our website:**

