

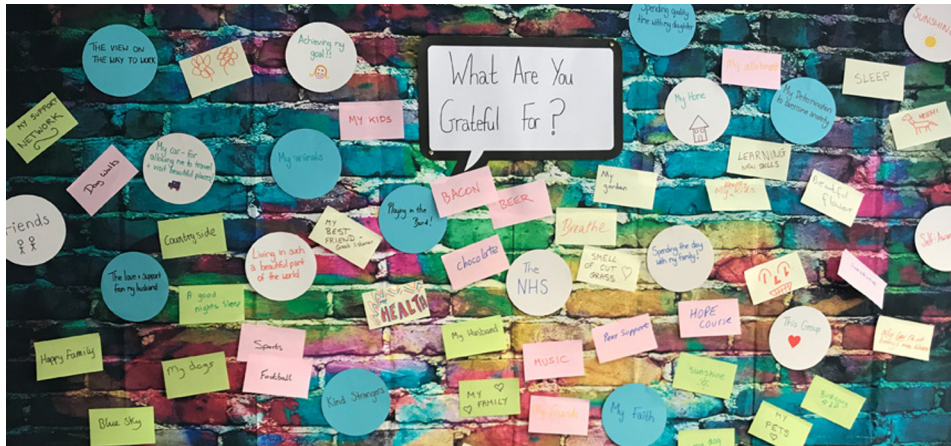
## How can you get on a course?

To find out further information about your nearest HOPE course please contact our HOPE coordinator on:

**Phone:** 01803 210493

**Email:** hope.devon@nhs.net

**Website:** [www.torbayandsouthdevon.nhs.uk/services/hope-programme/](http://www.torbayandsouthdevon.nhs.uk/services/hope-programme/)



<https://www.facebook.com/HOPEProgDevon/>

We welcome self referrals for people who feel this will be of benefit to them. Please note that the HOPE programme does not replace medical care, it is not therapy but is therapeutic!

## Help to Overcome Problems Effectively



Take a positive approach to looking after yourself



## Background

The Help to Overcome Problems Effectively (HOPE) programme supports you to manage your health and wellbeing and to explore what is important to you.

The 6 week course is free to attend and takes place at various times and locations throughout Devon.

Each weekly session lasts for 2½ hours and is run by trained HOPE facilitators using a tried and tested programme.

What can you expect from a HOPE programme?

There are between 10 to 16 people on each course and time is spent in facilitated discussions, group activities, information sharing and ideas for you to try between each session.

You will find:

- A warm, friendly, non-judgmental atmosphere
- Support when you need it

General small group discussions on topics such as:



## What can the HOPE programme do for you?

People who have already attended the programme tell us that they:

- Feel reassured and able to recognise own potential to make positive changes
- Use positive communication skills and reflective listening
- Feel more confident in dealing with emotional issues, depression, anxiety, anger and frustration
- Know how to achieve long and short term plans for change by using the goal setting and problem solving steps
- Are able to use the relaxation techniques practised on the course to refresh the mind and body
- Are less isolated
- Feel more able to support and share with others

