



HOPE Programme Low level Anxiety & Depression



HOPE Programme for people living with low level Anxiety and Depression - starting Saturday 28th September!

The Help Overcoming Problems Effectively (HOPE) Programme supports individuals to focus on themselves as a person, and to consider “What is important to me?”. It is a **FREE**, six week, self-management programme where we bring groups of people together that are going through a similar experience. You are not alone!

The course will be held at Pembroke House Surgery in Paignton and will run on a Saturday from **10:00am-12:30pm** on the following dates:

Saturday 28th September
Saturday 5th October
Saturday 12th October
Saturday 19th October
Saturday 26th October
Saturday 2nd November

Scan the QR
code to book
online



Call - 01803 320696

Email - hope.devon@nhs.net

Website:

<https://myhealth-devon.nhs.uk/local-services/hope-programme>



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