

Support for our patients: Living with a long-term health condition

Health Connect Coaching Programme

Volunteer, peer led, health and wellbeing coaching programme that has been designed and developed with people who have lived experience of long-term health conditions. This programme aims to support and empower individuals who are struggling to manage their condition, to build their knowledge, skills and confidence for better self-management of their health and wellbeing, in a way which matters most to them For more information, visit **www.torbayandsouthdevon.nhs.uk/services/health-connect-coaching-programme** or call **07825 792847**.

The Hope Programme (Help Overcoming Problems Effectively)

A range of local, online, virtual and digital courses that focus on 'what is important to me?' to help you build the confidence and resilience to better manage health conditions, symptoms and challenging experiences that may arise. There are a range of courses available including, depression and anxiety, either in-person, online groups or virtual courses. The website is **myhealth-devon.nhs.uk/local-services/hope-programme/hope-programme-courses**, or you can call **01803 320600** for more information.