



# HOPE Anxiety / Depression



## HOPE Programme for People Living with Anxiety and/or Depression

Do you want to enhance your resilience through these difficult times, rediscover strengths, and increase your ability to cope?

It is so important that we look after both our mental and physical wellbeing. This course will allow you to connect with other people who are, perhaps, experiencing something similar to you.

Take this time for yourself to prioritise your wellbeing, increasing your sense of control and your resilience.

The course will be held at, **The Spalding Hall, Church Lane, Cheriton Bishop, Devon EX6 6HY** and run from **10:30am-1pm** on the following dates:

**Thursday 2nd November**  
**Thursday 9th November**  
**Thursday 16th November**  
**Thursday 23rd November**  
**Thursday 30th November**  
**Thursday 7th December**

**Many have said that the course is therapeutic, but we must remind you that this course is not therapy!**

### Register your interest today!

To register or for more info, please call 07719065125 or email [sarah.michie2@nhs.net](mailto:sarah.michie2@nhs.net)

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

