

Struggling with your mental health? It's OK to talk about it.

We are excited to announce our **Virtual Video course** is now available.

Based on our proven self-management course, we have developed this to keep you and our tutors connected whilst keeping everyone safe.

3 reasons why you should sign up:

Zoom



Online



1. Get support in the comfort of your own home with an Internet based course, exactly the same duration as our Face-to-Face course, but done over the internet using **ZOOM**. Great features to keep you involved with our trained tutors, and other people needing support. There will be chat boxes, games and useful tips. Materials will be sent to you by email and a handbook will be sent by post.
2. We will share **LOTS OF TIPS** on how you can manage your condition better, how to get the most out of your GP appointments and how to talk to your friends and family about how you are feeling. You will also find out how you can create your own support groups after the course.
3. Its easy and **FREE TO JOIN** and get the support you need. Your GP can refer you, just ask them. If you have a phone or laptop that can access the internet, then you can join one of the groups.

- ✓ Did you know that our tutors all live with long-term conditions too?
- ✓ Many of our course participants still keep in touch with each-other after 10 years.
- ✓ Our tutors will be available before the sessions to talk you through how to get connected.

What to do next:

1. Contact us on 0800 988 5560 or 03333 445 840 or by email hello@selfmanagementuk.org
2. We will let you know the courses available and register you on the best one for you

If you would prefer to attend a course in the future in person, let us know and we can put you on the waiting list.

Self Management UK is a charity and we have supported over 150,000 people, across the UK, with long-term health conditions.

Freephone: 0800 988 5560 Local Call: 03333 445 840

Email: hello@selfmanagementuk.org

Web: <https://www.selfmanagementuk.org>