

# Condition Management Programme

## IMPROVING HEALTH, WORK AND WELLBEING

### What is CMP?

The Condition Management Programme could help you if you have a health condition which affects your ability to work, return to work or to stay in work.

CMP is a free, voluntary, work-focused programme facilitated by healthcare professionals, such as Occupational Therapists, Cognitive Behavioural Therapists, Physiotherapists and Mental Health Nurses.

### Who is CMP for?

CMP could help you if, as a result of your health you are:

**In Work** but struggling to stay in work and need support in managing your health

**Off Work** for up to 12 weeks

**On Benefits** and not working at present

**On other DFC programmes** - e.g. Workable (NI) or Access to Work (NI) etc

Participation on CMP is entirely voluntary so it will NOT affect your benefits

### How CMP can help:

Working together with the CMP Healthcare professionals you will:

- Gain a better understanding of your health condition(s)
- Learn new ways of managing your health and wellbeing
- Increase your confidence to cope with health and work
- Improve your ability to work, return to work or stay in work

**'CMP helped me to take control of my life and I am in a better place now.'** CMP Participant

### What does it involve?

Initially a member of the CMP team will contact you by phone to discuss the programme and see if the timing is right for you.

If you both decide that CMP could be useful, then you will work together to agree an individual action plan specific to your health needs.

You may be offered 1:1 sessions in person, by phone or virtually and may also have the opportunity to participate in group workshops. The programme can last up to 12 weeks.

**'There's no way I could have stayed at work if I hadn't come to CMP.'** CMP Participant

### The programme offers advice, education and support on areas such as:

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue

**'The programme provides a friendly, supportive and understanding environment'** CMP Participant

### How do I access CMP?

You can contact your local CMP office directly by phone or email. You can ask to be referred by your Work Coach at the local Jobs and Benefits office. You can also be referred by your GP or healthcare professional.

**'Taking time off work was worth it because I could see the Occupational Therapist and the Physiotherapist under one roof.'** CMP Participant

### Contact Details

Contact the Condition Management Programme within your Health and Social Care Trust to find out more:

**BELFAST TRUST** ☎ 028 9615 2688  
✉ [cmpinfo@belfasttrust.hscni.net](mailto:cmpinfo@belfasttrust.hscni.net)

**NORTHERN TRUST** ☎ 028 25 63 5250  
✉ [ConditionManagement.Programme@northerntrust.hscni.net](mailto:ConditionManagement.Programme@northerntrust.hscni.net)

**SOUTH-EASTERN TRUST** ☎ 028 92 60 5494  
✉ [ConditionManagement.Programme@setrust.hscni.net](mailto:ConditionManagement.Programme@setrust.hscni.net)

**SOUTHERN TRUST** ☎ 028 37 51 7173  
✉ [ConditionManagement.Programme@southerntrust.hscni.net](mailto:ConditionManagement.Programme@southerntrust.hscni.net)

**WESTERN TRUST** ☎ 028 71 37 6911  
✉ [condition.management@westerntrust.hscni.net](mailto:condition.management@westerntrust.hscni.net)

Or visit:

[www.nidirect.gov.uk/condition-management-programme.htm](http://www.nidirect.gov.uk/condition-management-programme.htm)

**'I will be forever grateful for the patience, genuine care and support I have received, the team has went above and beyond for me.'** CMP Participant

