

Quotes from previous clients

“CMP helped me to take control of my life and I am in a better place now”

“CMP gave me the ability to manage my health condition better”

“CMP helped me consider work options within my limitations”

“I looked forward to the weekly sessions and found staff very supportive”

“CMP helped me re-focus, gain confidence and a new perspective on work”

Contact Details

CONTACT THE CONDITION MANAGEMENT PROGRAMME WITHIN YOUR HEALTH AND SOCIAL CARE TRUST TO FIND OUT MORE;

Belfast H&SCT
028 9615 2688

cmpinfo@belfasttrust.hscni.net

Northern H&SCT
028 2563 5250

conditionmanagement.programme@northerntrust.hscni.net

Western H&SCT
028 7137 6911

condition.management@westerntrust.hscni.net

Southern H&SCT
028 3751 7173

conditionmanagement.programme@southerntrust.hscni.net

South Eastern H&SCT
028 9260 5494

conditionmanagement.programme@setrust.hscni.net

Or visit

www.nidirect.gov.uk/condition-management-programme.htm



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 voluntary programme facilitated by healthcare professionals, such as Occupational Therapists, Physiotherapists and Mental Health Nurses. Our aim is to help you to manage your health condition to enable you to stay in work, return to work or find employment.

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 will CMP help me?

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 stay in work, make a successful return to work, or progress towards work

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.

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
- Developing a healthier lifestyle
- Exploring potential options that will help support you to stay in work, return to work or help you find employment

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.