
Quotes from previous clients

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

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

Contact Details

CONTACT THE CONDITION MANAGEMENT PROGRAMME WITHIN YOUR HEALTH AND SOCIAL CARE TRUST TO FIND OUT HOW WE CAN HELP YOU ON YOUR JOURNEY BACK TO WORK.

Belfast H&SCT
028 9063 8801

Northern H&SCT
028 2563 5250

Western H&SCT
028 7137 6911

Southern H&SCT
028 3751 7173

South Eastern H&SCT
028 9260 5494

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



Improve your health and wellbeing
with our help



What is CMP?

The Condition Management Programme could help you if you have a physical and/or mental health condition which makes it difficult to start or remain 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 manage your health condition to enable you to progress towards, move into and stay in employment.

Who is CMP for?

CMP is for people who receive Universal Credit, Employment Support Allowance (ESA) or Jobseekers Allowance.

If you are employed, and being supported by the Department's in-work programmes, Workable (NI) or Access to Work (NI), you can also avail of CMP to help you remain at work, or return to work if you are off on sick absence.

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

How do I access CMP?

To access CMP you can either speak with an Employment Advisor at your local Jobs & Benefits office or Job Centre, who will be happy to make the necessary referral or you can phone your local CMP office (see details overleaf).

What does it involve?

On being referred, you will be contacted by a member of the CMP team to discuss the programme and see if it meets your needs.

If you both agree that CMP could be useful, then you will work with your Healthcare Professional on agreeing an individual action plan.

The Healthcare Professional will work with you throughout the programme, which can last up to twelve weeks. You will be seen on a 1:1 basis and/or have the opportunity to attend group workshops.

CMP will enable you to:

- Better understand your condition(s)
- Improve day to day functioning
- Increase confidence
- Improve prospects of returning to or staying in work.

THE PROGRAMME OFFERS ADVICE, EDUCATION AND SUPPORT INCLUDING:

- Dealing with stress, anxiety, low mood, depression
- Coping with pain and fatigue
- Relaxation techniques
- Communicating with confidence
- Developing a healthier lifestyle
- Exploring potential options that will help you progress towards employment or help you make a successful return to work.