



The
Fire Fighters
Charity



Join a Hope Programme



The Fire Fighters Charity has spaces available on its online mental wellbeing programme, aimed at combatting stress and anxiety.

- Free, six-week online group self-management programme
- Helps participants feel more in control and more resilient
- Covers topics like: managing stress, smarter goal setting, gratitude, character strengths, physical activity, eating well, coping with fatigue, practicing mindfulness
- Includes quizzes, worksheets, audio and video materials and interactive activities
- Can be accessed from PC, laptop, tablet or smartphone and taken at your own pace



Find all our upcoming Programme dates at
www.firefighterscharity.org.uk/hope