

SUPPORTED  
SELF-MANAGEMENT

Whittington Health 

# Living with health conditions?

Get the information and  
support you need.

Gain control of your  
health in just 6 weeks.

Expert Patients Programme  
(EPP)



**It has given me a  
new lease of life**

**For an informal, confidential conversation  
please contact us:**

**Tel: 020 7527 1189** (Islington)

**Tel: 020 7527 1707** (Haringey)

**Email: [whh-tr.self-management@nhs.net](mailto:whh-tr.self-management@nhs.net)**

**For people in Islington and Haringey**

