



Hope in a crisis

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**Social isolation is comparable to smoking
as one of the leading causes of
preventable death in the world**

450 million people currently suffer from **poor mental health**

1 in 4 people will be affected by **poor mental** at some point in their lives

3 out of 4 people suffering from mental health **do not receive adequate treatment**

EU wide

€41 billion
healthcare costs





Less able to cope under COVID

“Many people who previously coped well, are now less able to cope because of the multiple stressors generated by the pandemic”.

[The Lancet Commission On Global Mental Health And Sustainable Development]

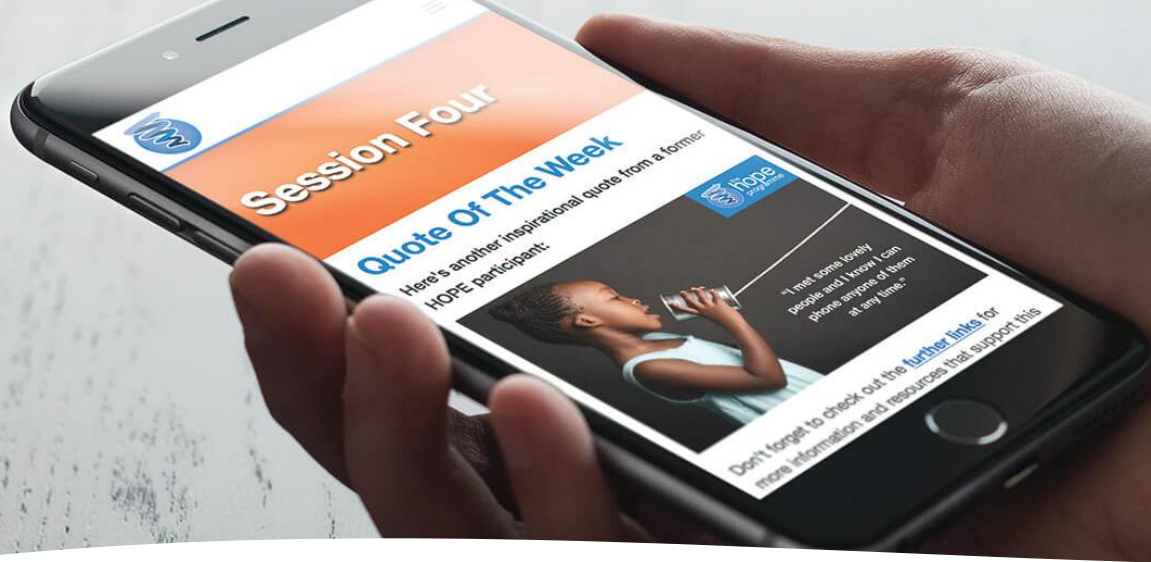


- frontline healthcare workers
- older people
- adolescents and young people
- those with pre-existing mental or health conditions
- those caught up in conflict and crisis

“We must help them and stand by them”

“Mental health care should be incorporated into all Governments’ COVID-19 strategies”

[UN report]



Empowering people to manage their health and wellbeing

- Co-created with users
- Built on 20+ years of our research
- Peer-support



Hopefulness



Optimism



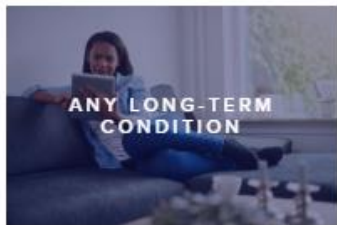
Confidence



Resilience



Building safe communities – online and offline



300% increase uptake

**30% - 40% improvement
in depression and anxiety**

**40% increase in skills to
manage their health**

**Reduction in use of
services**

grateful for... Today I am grateful



Co-design with communities

Creativity

Spaces for healthy minds



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“THE HOPE PROGRAMME
GAVE ME THE COURAGE
TO GO FORWARD AND
DO THINGS.

I HAVE TAKEN AWAY
FROM THE PROGRAMME
WHAT IT SAYS ON
THE PACKET...
HOPE FOR THE FUTURE”

Cancer survivor



www.h4c.org.uk



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