**PEOPLE WITH HEART CONDITIONS NEEDED FOR RESEARCH STUDY**



Are you:

* Diagnosed with a heart condition (e.g. high blood pressure, angina, heart failure etc.)
* Interested in learning how to better manage your mental well being
* Interested in learning how you can better self-manage your condition?

If you answered **yes** to the above questions, we would like to hear from you. This research will explore how a digital app and psychotherapeutic support can improve mental health and support self-management in people with heart conditions.

For more information and if you are interested in participating. **Please get in touch** with Dr Orla Moran (**Email:** [Orla.moran@dkit.ie](mailto:Orla.moran@dkit.ie))