

Primary Care Mental Health update Hertfordshire Wellbeing (IAPT)

A message from NHSE

"From IAPT to NHS Talking Therapies for anxiety and depression: new name, same service. Following an extensive engagement process, NHS England national mental health team is delighted to announce a new name for Improving Access to Psychological Therapies (IAPT) services: NHS Talking Therapies. Thank you to those of you who shared your feedback with us, we appreciated your input and have conducted an in-depth analysis of all the responses we received (close to 4,000!). The new name will be rolled out in all services across the country in 2023 and will be accompanied by the following tagline: for anxiety and depression. This rebranding exercise will be critical in raising the profile of talking therapies and removing barriers to access. Our feedback analysis demonstrated that the name NHS Talking Therapies felt more accessible to the public and easy to understand, and that it described the scope of IAPT services better. This was the key aim of this rebranding exercise from the beginning. As we are now entering the implementation phase of the new name, we would like to ask for your support in updating relevant communications channels and materials referring to IAPT, and in promoting NHS Talking Therapies within your networks. If you have any questions, please contact england.mhcomms@nhs.net"

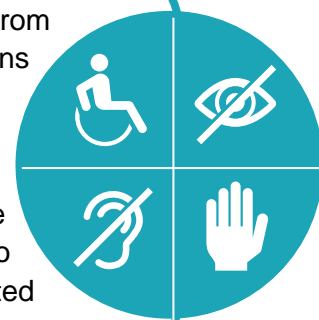
As this change is rolled out locally, we will provide you with updated communication materials so please watch this space or contact hpft.iaptcomms@nhs.net for more details.

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Accessibility

It is important to us that our clients can access therapy in a way that is convenient for them. From initial appointment and all the way through treatment, our service works hard to make adaptations such as providing accessible locations, visual aids and using interpreters, including sign language. Our website also includes a Reach Deck toolbar, an in-built accessibility tool that provides various features, such as text-to-speech, translation, and a screen mask. Our Digital Team have created an accessibility step-by-step guide to support clients with their experience of our website including our self-help materials, leaflets and videos. The guide explains how to use the Reach Deck toolbar to support navigation of the website and how to generate translated closed captions on our YouTube videos. [Click here to view our accessibility step-by-step guide.](#)



LGBTQIA+ History Month

During February LGBTQIA+ History Month is honoured in the UK to coincide with the abolition of Section 28 in 2003, which prohibited the "promotion" of homosexuality. A recent study by Stonewall found that over the previous year half of LGBTIQ+ people had experienced depression, and three in five had experienced anxiety. Our services are constantly working to learn more about the lives of people as we help and support them with their mental health. Our services and therapists strive to be inclusive and allow people to be their true authentic selves whilst we support them. This LGBTQIA+ History Month, let's learn from our past and keep standing in solidarity to make history for our communities! [Self-refer](#)

Time to Talk Day 2023

This year Time to Talk day took place on Thursday 2 February and it brought the nation together to have important conversations and break the silence around mental health problems. Talking about mental health is not always easy, but a small conversation has the power to make a big difference. [Check out these talking tips about mental health.](#) Our services want to carry on these conversations throughout the whole year. We can offer access to talking therapy to support people to improve their wellbeing. It could make a big difference to someone to get the support they need. [Click here to self-refer online for talking therapies.](#)

time to
talk day
02/02/23



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