

Primary Care Mental Health update Hertfordshire Talking Therapies



Menstrual Cycle

Our service hosts a free live and interactive 'Menstrual cycle and mental wellbeing' webinar, which introduces the physical and emotional difficulties that might be experienced during the menstrual cycle and provides CBT-based tools that can be used to improve emotional wellbeing. The webinar is suitable for anyone who would like to learn how to improve their emotional wellbeing across their menstrual cycle or for anyone looking to learn more about the relation between the menstrual cycle and emotional wellbeing. [Click here to watch our 'Menstrual Cycle and Mental Wellbeing' animation video and to register for our webinar.](#)

Student and Teacher Support

We have a package of support available to local schools, colleges, and universities to help students and teachers to better manage their mental health. Our 'Managing Study Stress' workshop is available again for students, to help prepare them for their A-level or equivalent exams and access additional support for their wellbeing. Now in its 6th year, our clinician-led workshop is an established part of the school timetable. It can be booked as an onsite workshop, or as a live webinar, with both versions offering participants the opportunity to ask questions and interact with our clinicians. We also have a range of support available for teachers. As a teacher it is important to look after your own mental health. Our webinar programme provides you with the space to learn tools and techniques to make positive change in your life. [Click here for more information and to book.](#)



Information for Healthcare Professionals

Our website has a dedication section designed to provide GPs and other Healthcare Professionals with key information about NHS Hertfordshire Talking Therapies. Within this section, you'll discover detailed information about what support is available, wait times and clinical outcomes, information on referring patients where there is a known history of risk or current risk and how to make a professional referral. There are also many useful resources within this section including a professional referral form, GP prescription pad and a printable version of our self-referral form. The purpose of this section is to aid professionals in enabling the patients under their care to make positive changes in their lives and improve overall wellbeing. [Click here to view the professional's section on our website.](#)



Prevention and Early Intervention

Our experience is that access to therapy at the earliest opportunity can have an enormously positive impact on a person's wellbeing. In contrast, we are currently not receiving many referrals for people with mild depression and anxiety. These patients can usually start treatment quickly resulting in better recovery rates and lower relapse rates and importantly can help prevent them requiring medication and having to develop patterns of life to work around their difficulties. Our service provides support at Step 2 which consists of brief low-intensity psychological interventions for people struggling with stress, low mood, worry and sleep problems etc. Treatment interventions include guided self-help, courses and workshops, and computerised CBT including SilverCloud. Access to therapy at the right time can have an extremely positive impact on a person's wellbeing. [Click here to view support and treatment options available.](#)



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