

Primary Care Mental Health update Hertfordshire Talking Therapies

World Mental Health Day

Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Federation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. Our services hosted a series of online events throughout the day including free online 'Mental Health Awareness Training' for local businesses and organisation and two educational webinars to support with sharing information to improve mental health including 'Understanding Anxiety' and 'Relaxation Skills'. Just because World Mental Health Day is over, doesn't mean the conversation should end. Mental health doesn't always stay the same. It can change as circumstances change. Talking therapies can help you, [click here for more information and to self-refer](#).



ADHD Awareness Month

To celebrate ADHD Awareness Month our service is launching a brand *new* webinar: 'Understanding ADHD and low self-esteem' on Thursday 26th October, 1:00-2:30pm. Many people with ADHD can experience low self-esteem because of difficulties in different areas of their life. These difficulties may arise because of the experiences that come with ADHD, such as forgetfulness, poor concentration, or extreme restlessness. In addition, evidence suggests that people with ADHD may experience rejection more than most. This may lead them to have negative thoughts about themselves. The webinar '[Understanding ADHD and low self-esteem](#)' explains how Cognitive Behavioural Therapy (CBT) can help make sense of these experiences and how low self-esteem is maintained in people with ADHD. It also presents different CBT-based techniques that can help improve self-esteem within the context of ADHD and highlight the natural strengths that people with ADHD have. We welcome self-referrals from anyone aged 16+ and registered with a GP in Hertfordshire. NHS Hertfordshire Talking Therapies are unable to offer treatment for ADHD specifically, however, we routinely adapt what we offer for neurodiverse people.



Out of hours webinars

Improving your experience of our service is important to us and helps to ensure that we continue to provide high quality care. To assist us with our continued improvement we provide webinar attendees with an opportunity to share anonymous feedback. As part of this we have launched an out of hours webinar programme to ensure that our service is accessible to all. Our programme of free NHS expert-led interactive live webinars has continued to grow in popularity, and a variety of topics and dates are available to suit the needs of those over the age of 16. [Click here to view our library of webinars](#).



Out of
Hours

Nature and Wellbeing

Did you know that 'Seasonal Affective Disorder', or SAD, is sometimes known as "winter depression" and often linked to reduced exposure to sunlight during the shorter autumn and winter days? It's common to be affected by changing seasons and weather, for example, you might find that your mood or energy levels drop when it gets colder or notice changes in your sleeping or eating patterns. Even though the temperature may have dropped, spending more time outdoors in natural daylight can add a significant boost to your mood. If you can't easily do that, bring nature into your everyday life: growing food, flowers or being around animals are all great examples of how nature can have a positive effect on your emotional wellbeing. [Click here to watch our self-help video](#) which teaches how nature can help you to feel better.



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