

Primary Care Mental Health update Hertfordshire Talking Therapies

'Help Us, Help You' Campaign'

The NHS Talking Therapies 'Help Us, Help You' campaign runs from 15 January until 10 March 2024. This is a campaign to promote NHS mental health services, encouraging anyone experiencing feelings such as anxiety, depression, or other common mental health concerns to seek help through NHS Talking Therapies (formerly known as IAPT - Improving Access to Psychological Therapies). Talking Therapies can be offered in a number of ways including a self-help workbook with therapist support, as an online course, over the phone, one to one or in a group. Appointments with therapists are conducted in confidence and help is available in-person, by video consultation, telephone, and interactive text. The campaign will target people 30-50, Black and South Asian audiences and those aged 65+ to increase knowledge of the service and the benefits of using them. Help us to raise awareness of the free NHS mental health support available to residents in Hertfordshire by sharing resources as widely as you can including displaying a poster in your venue or promoting the campaign across your social media channels. [Click here to access additional resources on the Department of Health and Social Care website.](#)



"I didn't think I could cope"

Support for young people

NHS HPFT Talking Therapies offer free and confidential talking therapy and practical support for young people aged 16+. If you know a young person struggling with how they're feeling or going through a difficult time, accessing support at the earliest opportunity can have a huge impact on their wellbeing and provide them with skills to overcome future challenges. Young people presenting with milder symptoms of depression and anxiety can access highly effective, brief "step 2" interventions over the phone, face-to-face or online via typed therapy and computerised therapy. These online options are part of the wide range of products and support available from Talking Therapies which may be especially appealing to young people due to their online nature. [Click here for more information about computerised therapy.](#)



Diabetes support – guest speaker Michele Coleman

Our next '[Diabetes and Emotional Wellbeing](#)' webinar will be co-presented by Michele Coleman, Lead Diabetes Specialist Nurse for Herts Valleys Integrated Diabetes Service. This webinar explores the relationship between physical and mental health when living with Diabetes. It introduces Cognitive Behavioural Therapy (CBT) and explains from a CBT perspective how emotional wellbeing can be impacted when living with Diabetes. The webinar presents different coping strategies based on CBT that can be used to improve emotional wellbeing when living with Diabetes. Watch our '[Living well with Diabetes](#)' animation video to help further support the emotional wellbeing of those living with Diabetes.



Time to Talk Day 2024

This year Time to Talk day took place on Thursday 1 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
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