

## Primary Care Mental Health update Hertfordshire Talking Therapies

### What should patients expect after making a referral to our service?

After receiving a referral, we will aim to arrange an initial appointment within 28 days. During that session, one of our experienced clinicians will ask a series of questions aimed at understanding current difficulties and the circumstances leading to these difficulties. Together with the patient the clinician will come to an agreement about goals for therapy and which type of therapy might be best to achieve these goals. Patient and clinician will discuss the whole range of therapies on offer and agree the most appropriate and convenient way for the patient to access this therapy, which might mean doing virtual, on-line therapy from the comfort of their home, guided self-help with telephone support from a clinician, group interventions or individual face to face therapy. For some people treatment might start straight away, for others there may be a wait. Anyone having to wait will be provided with access to interim support, including access to relevant webinars, short courses, and self-help materials, which will ensure that they get the best out of therapy when treatment starts. [Visit the professionals section of our website for more information.](#)



### Employment Support

An employment service is available in Hertfordshire that offers anyone accessing Hertfordshire Talking Therapies the opportunity to work with an employed advisor. The Employment Support service aims to bring together clinicians and employment advisors, to help people with common mental health problems such as stress, anxiety and depression find, stay in, or return to work. Anyone aged 16 and over can benefit from a range of support including interview practice, access to training, and support on how to speak to their employers about mental health issues. The service is commissioned by Hertfordshire Partnership University NHS Foundation Trust (HPFT) and delivered by Mental Health Matters. The service has helped over 870 people to return to work or gain a new opportunity. [Click here for more information about the support available.](#)



### Mental Health Awareness Training

As part of our celebrations for Mental Health Awareness Week we are delighted to be offering a free online Mental Health Awareness Training session on Tuesday 14th May (10am) to raise awareness of common mental health problems and how to identify them. The session will provide you with tools and techniques to help you support those around you, be it colleagues struggling with pressures at work, service users navigating challenging lives, friends, and family. This brief overview session identifies key contributors to mental health challenges, signs and symptoms of mental health difficulties, and ways in which you can open sensitive conversations, develop a plan of action, and build trust. Improving your understanding of mental health difficulties could benefit many people around you. [Click here for more information and to register.](#)



### Feeling stressed?

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals. You can't always avoid stress, but there are lots of things you can do to manage stress better. Join our ['How to cope with Stress'](#) webinar to learn tips on how to manage stress levels. You can also visit our website to access free self-help materials and resources that focus on how to cope with stress self-help video and guides. [Click here for more information.](#)



Follow us on Social Media:

Hertfordshire & Mid Essex Talking Therapies