

Primary Care Mental Health update Hertfordshire Talking Therapies



International Women's Day

Today is 'International Women's Day', the campaign theme is 'Inspire Inclusion'. To inspire inclusion means to celebrate diversity and empowerment on International Women's Day 2024 and beyond. To continue our celebrations and to support the women of our community we would like to highlight our two fantastic women's health webinars: ['Menopause and Emotional Wellbeing'](#) and ['Menstrual cycle and mental wellbeing'](#) that were launched to educate, support, and raise awareness around the impact that these natural biological processes can have on women's mental health and emotional wellbeing. To learn more about our webinar programme visit the self-help and resources section on our website where you can find self-help videos with top tips and support from our therapists; [click here](#).

University Mental Health Day

University Mental Health Day brings together the university community to make mental health a university-wide priority and create ongoing year-round change to the future of student mental health. Use #UniMentalHealthDay and join us on Thursday 14th March 2024 as we inspire conversations, act, and create change. While university is an amazing experience, full of incredible moments and opportunities, we know that it can sometimes feel challenging. In fact, nearly 50% of young people enter higher education and around one in four students report having a diagnosed mental health issue while at university. Our service offers a wide range of support to students including online self-help materials (webinars, guides, and videos) that can be accessed 24/7, as well as interventions over the phone, face-to-face or online via typed therapy and computerised therapy which can access via self-referral. [Click here to access our self-referral form](#).



Trouble sleeping?

This year's World Sleep Day theme is 'Sleep Equity for Global Health'. The day provides an opportunity to promote sleep health alongside thousands of other sleep health professionals and advocates. Spread the word about sleep health on World Sleep Day and help elevate the conversation around sleep! There's a close relationship between sleep and mental health. If you're having sleep problems, there are simple steps you can take to ease those restless nights. Our ['How to sleep better'](#) webinar, which coincides with world sleep day on Friday 15th March looks at; the importance of sleep for general wellbeing, the relationship between worry and sleep and the practical things we can do to improve our sleep. Our [short self-help video](#) introduces the topic of sleep difficulties and how to manage them.



Neurodiversity celebration week

We are thrilled to announce that our ['Understanding ADHD and low self-esteem'](#) webinar is being hosted on Thursday 21st March, 3:00-4:30pm, during 'Neurodiversity celebration week' (18th-24th March). 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 explains how Cognitive Behavioural Therapy (CBT) can help make sense of these experiences and how low self-esteem can be 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.



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