

Primary Care Mental Health update Hertfordshire Talking Therapies

Mental Health Awareness Week 2024

Mental Health Awareness Week is an annual event that aims to raise awareness of mental health problems and the services available to support people. Mental Health Awareness Week will take place on Monday 13th May till Sunday 19th May. This year's theme set by The Mental Health Foundation will be focusing on movement and moving more for our mental health. As part of the week, we are offering a free online Mental Health Awareness Training workshop on Tuesday 14th May (10am) to raise awareness of common mental health problems and will provide tools and techniques to support colleagues struggling with pressures at work, service users navigating challenging lives, friends, and family. Improving your understanding of mental health difficulties could benefit many people around you.

[Click here for more information and to register.](#) We are also hosting a tailored programme of free live webinars throughout the week: [click here to view our schedule.](#)



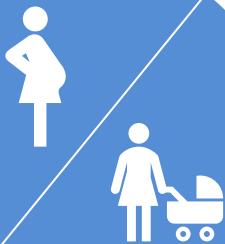
Movement – National Walking Month and Mental Health Awareness Week

Throughout the month of May, we will be promoting National Walking Month and Movement: moving more for our mental health which is theme for Mental Health Awareness Week. One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health. Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can boost our mood and increase our mental alertness and energy. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better. If you'd like to get moving more, this guide will give you some ideas to get started as well as tips on how to get the best mental health benefit from the movement you're doing. [Click here to view the guide.](#)



Maternal Mental Health Awareness Week

Maternal Mental Health Awareness Week took place on Monday 29 April to Sunday 5 May 2024, with World Maternal Mental Health Day 2024 on Wednesday 1 May. The perinatal period (from the beginning of pregnancy through to two years post-birth) can be joyful and exciting, but also a demanding and stressful time. It is common for pregnant women and new parents or caregivers to experience emotional difficulties. It can be hard to talk about how you are feeling and ask for help, but you do not have to struggle alone; there is support available. If you are an imminent or new parent/caregiver, our service has a variety of tailored support options available to help you tackle the pressures of your changing role including: 'Becoming a parent or caregiver and emotional wellbeing' webinar, Postnatal wellbeing group, 'Space for perinatal wellbeing' online CBT programme, and a range of self-help materials. [Click here to make an online self-referral.](#)



Celebrating our webinar programme

Our programme of free NHS expert-led interactive live webinars has been hugely popular and has continued to grow in popularity, with a variety of topics and dates are available to suit the needs of those over the age of 16 with new topics being added regularly. [Click here to view our library of webinars.](#) During 2023-24 we hosted 300+ webinars and welcomed over 3300 attendees providing them support for to improve their wellbeing. As part of the feedback collected from attendees, we also launched an out of hours webinar programme which has helped to ensure that our service is accessible to all. "It's made me understand that its ok not to be ok and that all these mixed emotions are normal. It's really helped me to understand how to process my thoughts in a more positive way" – attended the Bereavement: Living with Grief and Loss webinar.



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