

Primary Care Mental Health update Hertfordshire Talking Therapies



Pride Month

Being LGBTQIA+ does not cause mental health problems, but people from the LGBTQIA+ community can face unique societal pressures that can make them more likely to experience a mental health problem such as anxiety and depression. It can feel hard to find support for your mental health – especially if you're LGBTQIA+, but help is available. Our service provides a safe, LGBTQIA+ friendly space to discuss emotions and identify strategies to maintain positive mental health. We offer a range of therapies depending on your needs, such as guided self-help sessions with a therapist, computerised or 1-1 cognitive behavioural therapy and counselling. We can also signpost you to specialist services if needed. Self-refer via our website: www.hpft-talkingtherapies.nhs.uk/referral

Carers week

We are supporting Carers Week (10th–16th June 2024). This annual campaign raises awareness of caring, highlighting the challenges unpaid carers face and recognises the contribution they make to families and communities. Join us during Carers Week, to make caring visible, valued and supported. Caring can be demanding. When carers experience challenges over a long period of time, this can have a significant impact on their mental health. As part of our Carers Week celebrations, we are highlighting our two fantastic webinars: 'Care for Carers' and 'Carers: Managing Difficult Emotions and Building Resilience' These webinars offer an insight into the rewards of caring, as well as discussing common triggers and symptoms of carer stress and providing guidance to tackle symptoms. [Click here to register](#). We also have a '[Carers and emotional wellbeing](#)' animation video that we would love you to share far and wide!



Men's Health Week

International Men's Health Week is celebrated in several countries the week preceding and including Father's Day, to focus on issues facing men's health. In England, around one in eight men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD), and statistics highlight that men are not accessing primary care psychological therapies as frequently as women. Only 36% of referrals to NHS talking therapies are for men, but men become more visible in secondary care mental health services. Our services are continuing to focus on men's mental health, to raise awareness and transform the way health services reach out to and support men, letting them know about the support available to men through the NHS Talking Therapies programme. [Click here to watch our short animation on Men's mental health: An invitation to look after your emotional wellbeing.](#)



Diabetes Awareness

This week is Diabetes Week (10-16 June 2024), a weeklong event raising awareness about Diabetes and encouraging individuals to be open and talk about their experiences. To celebrate Diabetes Week we hosted a free NHS expert-led live and interactive 'Diabetes and Emotional Wellbeing' webinar. This webinar was co-presented by Alan Bellinger, a Trustee of Healthwatch Hertfordshire, a patient representative on the West Herts Diabetes Steering group, and a member of the Hertfordshire Diabetes Conference Steering group. [Click here for more information and to register for our next webinar](#). We also have a '[Living well with Diabetes](#)' animation video to further support the emotional wellbeing of those living with Diabetes.



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