

## Primary Care Mental Health update Hertfordshire Talking Therapies



### Hertfordshire Talking Therapies promotional materials

Our goal is to ensure that anyone who could benefit from Hertfordshire Talking Therapies is aware of what we offer and can easily access our services. We actively seek to connect with a wide range of services and organisations, like yours, to directly reach those who may experience anxiety or depression. A great way of making these important connections is for us to deliver our promotional material, such as our self-referral booklets, GP prescription pads, posters, and leaflets, directly to you. We can provide you with information about our service to include on your website, social media, or TV screens within your premises. If you are interested in receiving our materials or information, please email us at [hpft.talkingtherapiescomms@nhs.net](mailto:hpft.talkingtherapiescomms@nhs.net)

### Involvement Network – Get Involved

We are excited to announce that our Hertfordshire & Mid Essex Talking Therapies teams are launching a new “Involvement Network”. To assist shape our service going forward, we are inviting service users or carers who have previously used our services to become a member of our Involvement Network. We are dedicated to actively listening to our community to gather valuable feedback. Service user insight is crucial in helping us to design and contribute towards the continued development of the service, ensuring we can meet the diverse needs of everyone we support. We value everyone’s own personal experience and welcome people from diverse backgrounds, abilities and needs. Email us to get involved: [hpft.talkingtherapiesgetinvolved@nhs.net](mailto:hpft.talkingtherapiesgetinvolved@nhs.net). You can also find out more information about how you, your colleagues, or the people that you see can get involved via our website. [Click here.](#)



### SilverCloud – online self-help programme

SilverCloud is a flexible online solution to accessing therapy for symptoms of low mood and anxiety. The online self-help programme consists of evidence-based techniques based on Cognitive Behavioural Therapy (CBT). Modules available on SilverCloud include Space from Generalised Anxiety Disorder (GAD), Space from Depression and Anxiety and Space from Stress. After self-referring to our service, patients will be provided with a secure account for SilverCloud and a support worker who will monitor progress throughout and provide guidance and encouragement via regular reviews. SilverCloud is accessible from any device that has an internet connection, at any time of the day, meaning you can work through at your own pace. [Click here for more information and to self-refer.](#)



### Self-care Month

Self-Care Month runs from 24th June and ends with Self-Care Day on 24th July. This symbolic day set by the World Health Organisation (WHO) was chosen because self-care can be practiced “24 hours a day/7 days a week”. To celebrate we would like to remind you that our website hosts a dedicated section that includes self-help materials and resources, including a library of self-help guides to complement the treatment we provide, and access to free self-help videos developed by our clinical team. Our services also offer a range of live and interactive webinars providing educational and practical help based on relevant Cognitive Behavioural Therapy (CBT) techniques. These resources are available to everyone and allow participants to look after their own mental health and make positive change. [Click here to view our self-help materials and resources.](#)



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