

Talking Therapies can help you to...

manage worry

relax

manage stressful situations

learn coping techniques

overcome low mood

boost wellbeing

improve sleep

Hertfordshire Talking Therapies offers psychological help and practical support for people experiencing a wide range of common mental health conditions. It is part of the NHS Talking Therapies, for anxiety and depression programme.

To refer yourself to this free NHS service:

- **0800 6444 101**
- **www.hpft-talkingtherapies.nhs.uk**



We accept referrals from people who are aged 16 years and over and registered with a GP in Hertfordshire.



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Hertfordshire & Mid Essex Talking Therapies



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust