

Talking Therapies can
help you to...

boost
wellbeing

manage
stressful
situations

manage worry

improve sleep

learn coping
techniques

overcome
low mood

relax

understand
low self-esteem



Who are we?

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.

How can we help?

Many of the options that we offer are based on Cognitive Behavioural Therapy (CBT), which is an evidence based psychological therapy. CBT can help make sense of our problems by looking at the way we think, and the way we react to situations. Through our support, you can learn skills and techniques to help you manage your emotions, helping you feel better and more in control.

Our help is offered in different ways:

- Telephone support and guided self-help
- Individual CBT (online or in-person)
- Workshops and/or group work (online or in-person)
- Computerised CBT (SilverCloud)

Next step

If you think you would benefit from our service the first step is to talk to us to find out how we can best help you.

Self-refer online: www.hpft-talkingtherapies.nhs.uk

Single Point of Access: 0800 6444 101



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Hertfordshire & Mid Essex Talking Therapies