

Primary Care Mental Health update Hertfordshire Talking Therapies



Support for Long Term Health Conditions (LTCs)

People living with a long term physical health condition such as diabetes, chronic pain, COPD, or chronic heart disease may face various challenges across many areas of their life. For many people their LTC will have an impact on their mental health. Our clinicians have received specialist training to deliver evidence-based interventions for people with comorbid long term physical health conditions. Keep an eye out for our 'Talk for Health: Emotional support for Long Term Conditions (LTC)' campaign which will launch later this year to further support those people suffering with their emotional wellbeing, due to their LTC. Our website hosts a variety of self-help resources including short informative animation videos and NHS expert-led webinars, [click here for more information](#).

Carers of those living with a long term condition

We recognise that caring for someone with a long term physical health condition can be a gradual and unexpected challenge, bringing some rewards but also resentment, guilt, grief, and loss. We also recognise that when carers experience these challenges over a long period of time, it can have a significant impact on their emotional wellbeing. To support both paid and unpaid carers our clinicians have produced two fantastic webinars; [Care for Carers](#) and [Carers: Managing Difficult Emotions and Building Resilience](#). Watch and share our [Caring and emotional wellbeing animation video](#) which looks at the vital service carers provide, including some of the rewards and challenges they face. It also provides information on the emotional wellbeing support available through Hertfordshire and Mid Essex Talking Therapies. Carers can self-refer via our website today for support: www.hpft-talkingtherapies.nhs.uk/referral



Overcoming Your Needle Phobia (Fear of Needles)

Needle phobia is a fear of medical procedures that involve needles or injections. It may be stopping you from having an important blood test or vaccination. Needle phobia is very common, affecting at least one in 10 people, and is nothing to be ashamed of. Support is available to help you overcome it. NHS Hertfordshire and Mid Essex Talking Therapies provide Cognitive Behavioural Therapy (CBT) for needle phobia, which is a highly effective and evidence-based treatment. Our qualified and experienced therapists can help you to learn some simple, practical tools and techniques that you can use to overcome or ease your fear. Overcoming needle phobia can significantly improve a person's quality of life, especially when it comes to managing long term conditions (LTC). The skills people will learn will not only help them face needles with greater confidence and less distress, but also to manage any stress and anxiety more effectively overall. To access support for needle phobia, individuals need to complete a self-referral, [click here for more information](#).



Living Well with Diabetes for young people

NHS Hertfordshire Talking Therapies have launched a new Living Well with Diabetes Group for young people (16 to 19 years old) living with type 1 diabetes (T1D) to support them with managing their emotional wellbeing. This period of time can hold a number of transitions, which can be difficult to navigate whilst also living with T1D. These transitions could include changing education settings, finding and starting employment and changes in health care providers, for example transitioning to adult services. The 6-week Living Well with Diabetes Group aims to support young people to manage low mood and anxiety that can be a result of living with T1D. It gives attendees the opportunity to share their experiences with others in a similar situation and build a toolkit of Cognitive Behavioural Therapy (CBT) strategies to improve their physical and emotional wellbeing. To access this group, individuals need to complete a self-referral, [click here for more information](#).



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