

Primary Care Mental Health update Hertfordshire Talking Therapies



TALK FOR
YOUR HEALTH
#TalkHealth2024

Celebrating Our First Month of the "Talk for Your Health" Campaign!


Our "Talk for Your Health: Emotional Support for Long Term Conditions (LTC)" campaign launched at the start of October and has been hugely successful allowing us to build valuable connections with physical health services, enhancing support for those living with LTCs. We would like to take this opportunity to thank you all for your support and enthusiasm. Your engagement has been vital in building momentum and promoting wellbeing in our community. The campaign will run until Friday 29th November – let's keep this positive energy going in the coming weeks! Our campaign aims to encourage individuals struggling with stress, low mood, or anxiety related to their LTC to seek help through NHS Talking Therapies services. For more information about the campaign, available resources, and how to get involved, please visit: www.hpft-talkingtherapies.nhs.uk/talk-for-your-health

Psychological Professions Week

Psychological Professions Week 2024 is taking place on Monday 11th - Friday 15th November. Psychological Professions Week is a brilliant opportunity to bring professionals together to connect and share their learning to maximise the benefit of the psychological professions to the communities they serve. Throughout the week there will be several online sessions. Join the East of England Psychological Professions Network regional event on Tuesday 12th November – Mental Health and Wellbeing Practitioners (MHWP). This free webinar will cover training, key responsibilities, and challenges while highlighting successful implementation strategies. Ideal for aspiring psychological professionals and service leads. [Access the full PPWeek24 programme with registration details here.](#) We are proud to be celebrating PPWeek24 with staff across our Trust celebrating "Great to be HPFT Psychological Services" with a day dedicated to learning, sharing, and celebrating our commitment to psychological services in Hertfordshire.



International Men's Day



International Men's Day takes place annually on the 19th of November. Mental health affects both men and women however men are generally less likely to talk about their feelings and seek help. 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 but become more visible in secondary care mental health services. Throughout November, services and charities are focusing on men's mental health to raise awareness and transform the way in health services reach and support men. We are focusing on raising awareness of the support available to men through Talking Therapies. [Click here to access our online referral form.](#)

Nature and Wellbeing SAD

'Seasonal Affective Disorder (SAD)', sometimes known as "winter depression" is often linked to reduced exposure to sunlight during the shorter autumn and winter days. It's common to be affected by changing seasons and weather, for example, people might find that their mood or energy levels drop when it gets colder or notice changes in their sleeping or eating patterns. Even though the temperature may have dropped, spending more time outdoors in natural daylight can add a significant boost to mood. It's recommended that bringing nature into your everyday life: growing food, flowers or being around animals are great examples of how nature can have a positive effect on your emotional wellbeing. [Click here to watch our self-help video](#) which explains how nature can help people to feel better.



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