

We're pleased to share our new **Peri/Menopause and Emotional Wellbeing** leaflet, developed to raise awareness of the support available through our service. Perimenopause and menopause can bring a range of physical and emotional symptoms, often unpredictable and long-lasting. These changes may lead to emotional distress, making it vital to prioritise emotional wellbeing during this life stage. A digital copy of the leaflet is attached for your reference and to share within your networks. If you would like hard copies for your service, practice, or community, please email us at: [hpft.talkingtherapiescomms@nhs.net](mailto:hpft.talkingtherapiescomms@nhs.net)

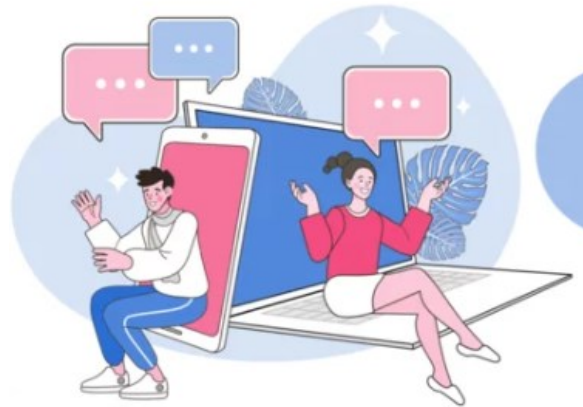
#### Lifting Low Mood through Action - Online Depression Group

This **\*NEW\*** free, evidence-based online group is designed for those experiencing mild to moderate depression. Starting 10th September, sessions will run from 12:30pm and 2:00pm for a total of 8 weeks. It is a structured programme helping participants better understand how depression is maintained, develop skills to challenge unhelpful thoughts, and increase meaningful activity through behavioural activation. We encourage you to share this opportunity with your service users who may benefit. A self-referral and initial appointment are required: [www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)

#### Digital Spotlight:

##### **\*New\* 'What is Interpersonal Psychotherapy (IPT) ?' Animation video**

Our HPFT Talking Therapies Digital Team have recently released the new animation video 'What is Interpersonal Psychotherapy (IPT)?'. IPT is an evidence-based therapy that helps individuals understand how depression and relationships influence each other. It aims to reduce depression and improve relationships by addressing one of four areas: conflict, life changes, relationship patterns, or bereavement.



**Relaxation Skills** This webinar introduces the topic of relaxation including practical relaxation exercises, guided by the facilitator, so participants can experience varying methods of relaxation.

#### Raising Awareness in the community:

This August, we're marking two national campaigns that are all about getting outside, moving your body, and boosting your wellbeing: Cycle to Work Day (7 August) and National Allotment Week (11–17 August). Both initiatives highlight the benefits of incorporating simple, outdoor activities into our daily lives, whether that's cycling to the office or spending time in a local allotment. These are more than just healthy habits; they can be powerful tools for relieving stress, improving mood, and reconnecting with nature and community. We encourage everyone to take this opportunity to explore new ways to prioritise wellbeing. [Click here to watch our nature and movement self-help videos.](#) Help promote the importance of movement in your community.



Follow us on social media:  
Hertfordshire & Mid Essex Talking Therapies

[www.hpft-takingtherapies.nhs.uk](http://www.hpft-takingtherapies.nhs.uk)

**for anxiety and depression**

Service provided by Hertfordshire Partnership University NHS Foundation Trust

*You have received this newsletter because you provide a service within the local area. If you have any colleagues that would like to be added to the newsletter distribution list, please reply to this e-mail.*

No longer want to receive our monthly newsletter? Please reply 'STOP' to this email.

# Peri/Menopause and emotional wellbeing



Hertfordshire Talking Therapies offers psychological help and employment support for people experiencing a wide range of common emotional difficulties. It is part of the NHS Talking Therapies, for anxiety and depression programme.



**for anxiety and depression**

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# How can we support:

Peri/Menopause is a life transition that all people who have or have had menstrual cycles go through. It is characterised by hormonal fluctuations and decreasing levels of the hormones oestrogen, progesterone and testosterone.

**75% of individuals will experience symptoms, including but not limited to:**



Many people find these changes overwhelming and difficult to navigate. It can be hard to talk about how you are feeling and ask for help, but you do not have to struggle alone; there is support available.

# How our treatments can help:

Treatment offered through our service is based on Cognitive Behavioural Therapy (CBT). CBT is a highly effective evidence-based talking therapy that can help you cope with difficult thoughts and feelings by teaching you tips and techniques to manage them. It is recommended by the National Institute for Health and Care Excellence (NICE) in addition to, or as an alternative to, other treatment including HRT for the management of menopause symptoms.

By addressing the emotional aspect of peri/menopause, CBT can enhance your overall wellbeing and resilience, so you can feel more like yourself again.

Our service has a variety of tailored support options available:

**‘Menopause and emotional wellbeing’ webinar** -  
a one-hour introduction and  
practical tools

**Online Peri/Menopause  
group** - learn ways to manage  
your symptoms and share your  
experience with others

**Individual Cognitive  
Behavioural Therapy** -  
face-to-face, over the phone or  
via video call

**Online CBT programmes** -  
can be completed  
independently or with support  
from a therapist

***“Don’t be frightened – the team are great! You’ll feel at ease  
and come away with a menopause ‘tool kit’.”***

***“I would recommend anyone to attend.”***

***“It should be a requirement in the modern world – the stress  
coping mechanisms are so valuable.”***

Online Peri/Menopause group attendees

## What to expect from treatment:

Following your self-referral or health care professional referral, you will be invited to have an appointment with one of our specially trained CBT clinicians. This appointment will usually take up to an hour and will include completing some questionnaires to help the clinician understand your concerns.



At the end of your appointment, you and your therapist will reach a decision about what type of support could be most helpful for you and a plan will be agreed to start treatment.

***“It was a relief to feel that I wasn’t alone in how I am feeling  
and that the support was there each week.”***

Online Peri/Menopause group attendee

# How to refer:

If you would like to refer yourself there are a number of ways you can do this including:

- The quickest way to refer is online:  
**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)**
- You can speak to your GP or Health Care Professional who can make a referral for you.
- You can make a self-referral by calling: 0800 6444 101



Find out more information about our service:

**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)**



**Follow us on Social Media:**

Hertfordshire & Mid Essex Talking Therapies

**Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.**

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Updated July 2025

**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk)**