

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

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

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-talkingtherapies.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.

A graphic element consisting of two overlapping speech bubbles, one blue and one teal, positioned at the bottom left of the page.

for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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:



A central word 'Depression' is surrounded by various symptoms in different colors. The symptoms include: Headaches & migraines, Night sweats, Feeling Painful sex, Changes to Brain Fog, Depression, dizzy, Low confidence, vaginal tissues, Irritability, Hot flushes, Anxiety, Poor sleep, Heart palpitations, Hair Loss, Low libido, Memory problems, Tinnitus, Dry eyes, Fatigue, Mood swings, Panic, Loss of interest, Breast Tenderness, Muscle & joint pain, UTIs, Difficulty concentrating, and Weight gain.

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
- 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



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.**

We are a smoke free Trust therefore smoking is not permitted
anywhere on our premises.

Updated July 2025

www.hpft-talkingtherapies.nhs.uk