

Our website features inspiring recovery stories from individuals who have used our services. These stories illustrate the variety of therapy options available across our services, offering insight into how individuals experiencing depression, anxiety, trauma, OCD, or bereavement have found the right support for their recovery journey. These stories may help others feel less alone and encourage them to reach out when they need support. [Click here](#) to read our recovery stories.

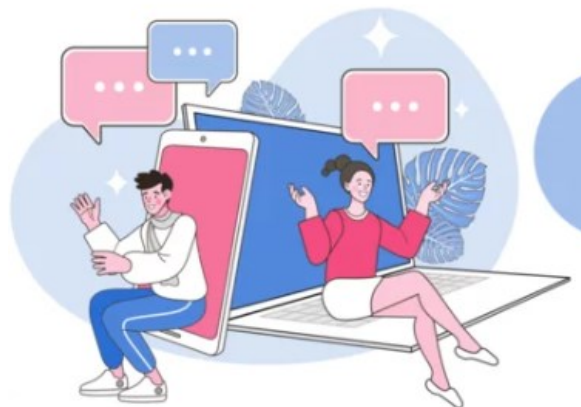
#### Increasing Access to Primary Care Mental Health Service in Hertfordshire

We invite faith leaders, community representatives, volunteers, and organisations supporting underrepresented groups to join our EDI (Equality, Diversity & Inclusion) network event focused on breaking down barriers to primary care mental health services within HPFT on **Monday 26th January at The Colonnades, Hatfield**. During the event, attendees will receive clear information about HPFT's primary care mental health services, hear real examples of how support is adapted to meet different community needs, and learn about additional help available through social workers and employment advisors. There will also be valuable insight from people with lived experience, along with dedicated time for open discussion and practical collaboration. [Click here](#) to book your ticket.

#### Digital Spotlight:

##### Mindfulness Series:

Our popular mindfulness series includes four separate webinars including, An Experimental Introduction to Mindfulness, Mindfulness: dealing with negative thoughts, Mindfulness: manage emotions and develop self kindness and Mindfulness: reconnect with your true self. During the webinars attendees will have the opportunity to practice mindfulness exercises. One webinar from the series will be available each month. You can attend a single session, several, or the entire series - in any order you prefer.



**Improving body image:** This is one of the newest webinars added to our programme. It is designed for adults experiencing difficulties related to their body image and discusses how body image concerns may impact people and what factors may lead to these concerns.

#### Raising Awareness in the community:

As we move into the colder months, many people begin to feel the effects of shorter days, reduced social contact, and seasonal pressures. While winter can be a time of celebration, it can also bring stress, low mood, loneliness, and anxiety for many in our communities. We are launching a series of simple Festive Wellbeing ideas on our social media to help people stay connected, active, creative, and kind to themselves and others. These low-cost, accessible suggestions can be easily shaped into daily life to boost wellbeing throughout the season. More information on how to find us on Facebook, Instagram and YouTube can be found in the icon links below.



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

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