

This year, Time to Talk Day took place on Thursday 5 February. The theme, 'Brave the Big Talk,' encouraged people to open up about mental health experiences that can still feel difficult or unspoken. Talking about mental health isn't always easy, but even a small conversation can make a big difference. Our services are committed to keeping these conversations going all year round. One way we do this is by hosting our free, Mental Health Awareness Training. Our next session will take place on Wednesday 13 May at 10am. [Click here](#) to find out more information and to register.

Service User Involvement Network

Our Hertfordshire & Mid Essex Talking Therapies Involvement Network has been growing, with strong engagement from members. People have been actively involved in a range of projects including videos, recovery stories, events, and providing valuable feedback to help shape our services. We are still keen to welcome new members and encourage anyone who has previously used our services, or supported someone who has, to register and get involved. We value everyone's own personal experience and welcome people from diverse backgrounds, abilities and needs. More information and a registration form is on our website, [please click here](#).

Digital Spotlight:

[How to sleep better webinar](#)

An introduction to the topic of sleep difficulties including the importance of sleep for general wellbeing. It covers self-help techniques such as using a sleep diary and developing healthier sleep habits through improved sleep hygiene.

[How to cope with stress webinar](#) An introduction to the topic of stress including some theory on why it occurs. It explores how to spot the signs of stress, and the long term effect it has on our bodies and our minds.



[Relaxation skills webinar](#) An introduction to the topic of relaxation and how it can benefit us. It provides practical relaxation exercises, guided by the facilitator, so participants can experience varying methods of relaxation.

Raising Awareness in the community:

Neurodiversity Celebration Week (16-20th March), is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences.

We're excited to announce our [Understanding ADHD and Low Self-Esteem](#) webinar, taking place on Tuesday 17th March, 11:00am–12:30pm. Many people with ADHD experience challenges such as difficulties with focus, forgetfulness, restlessness, and sensitivity to rejection that can impact self-esteem. This webinar will explore how Cognitive Behavioural Therapy (CBT) can help make sense of these experiences, identify factors contributing to low self-esteem, and build confidence using practical, CBT-based strategies. We'll also highlight the strengths commonly associated with ADHD. While we do not provide ADHD-specific treatment, we routinely adapt our approaches to support neurodiverse individuals experiencing common mental health problems.



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Hertfordshire & Mid Essex Talking Therapies

www.hpft-takingtherapies.nhs.uk



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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