

ACTION

**MENTAL
HEALTH
FOUNDATION**
**MENTAL
HEALTH
AWARENESS
WEEK****11-17 MAY 2026****FOR YOURSELF.
FOR SOMEONE ELSE
FOR ALL OF US.**

We're proud to support Mental Health Awareness Week 2026!

Take **'ACTION'** and join Hertfordshire Talking Therapies for any of the following free live and interactive webinars during the week to help improve your wellbeing.

Monday: How to cope with stress (10am) /
Improving body image (3pm)

Tuesday: Living well with a long-term condition (10am) /
Dealing with depression (5.30pm)

Wednesday: Mental health awareness training (10am)

Thursday: Bereavement: living with grief and loss (1pm)

Register online: www.hpft-talkingtherapies.nhs.uk

This Mental Health Awareness Week, choose one positive action that works for you.

#MHAW2026 #MentalHealthAwarenessWeek



www.hpft-talkingtherapies.nhs.uk



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Hertfordshire and Mid Essex Talking Therapies