

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

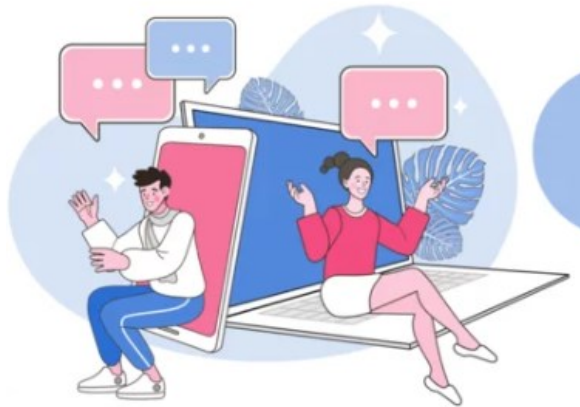
Lifting Low Mood through Action - Online Depression Group

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.

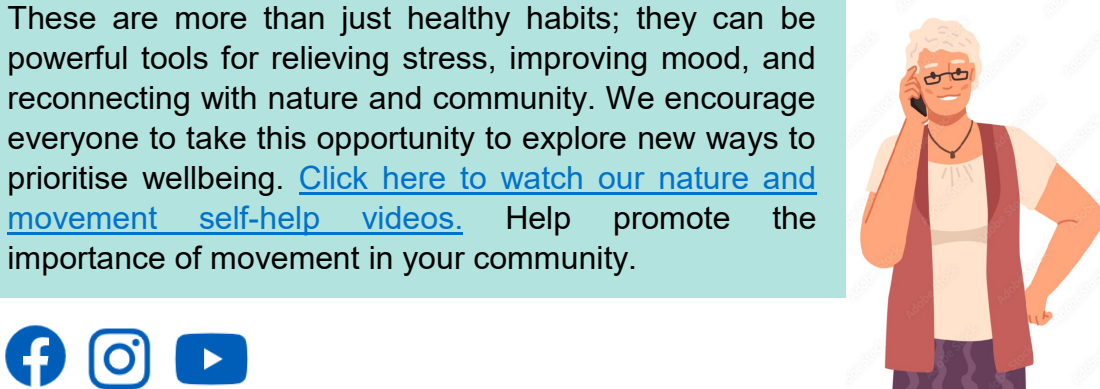
Raising Awareness in the community:

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.



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Hertfordshire & Mid Essex Talking Therapies

www.hpft.talkingtherapies.nhs.uk



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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