

We've recently updated our website to make it even easier to find detailed information on the wide range of group therapy sessions that we have available online and face-to-face. We've also refreshed our Frequently Asked Questions (FAQs) section, answering some of the questions we are most often asked about our service, referrals, appointments, and treatment options. Visit our website to learn more and find the information you need quickly and easily:

www.hpft-talkingtherapies.nhs.uk

You're not alone - support for young people's wellbeing

Our HPFT Talking Therapies Digital Team has launched a new animated video, 'You're Not Alone: Support for Young People's Wellbeing', designed to reassure young people that support is available when they need it. The animation highlights the safe, confidential and non-judgemental support offered by our service, where people can feel heard, understood and supported. Free support is available for those aged 16+ in Hertfordshire and 18+ in Mid Essex, including Cognitive Behavioural Therapy (CBT), counselling, online programmes, webinars, and one-to-one or group sessions delivered in person, online or by telephone. Support can also be accessed through computerised CBT, allowing individuals to work through treatment at a pace and time that suits them. [Click here to watch the animation video.](#)

Digital Spotlight:

[*New* Let's Open Up: Talking Therapies Podcast](#) Launching on 16 September, Let's Open Up... is our brand-new podcast, bringing together honest conversations about mental health with people who have lived experience, mental health professionals and special guests. The series explores topics including what therapy is really like, perinatal mental health, neurodiversity, living with physical health conditions and emotional wellbeing.



Tune in on your preferred podcast platform to hear real stories, expert insights and practical conversations that help open up discussions around mental health.

Raising Awareness in the community:

Our experience is that access to therapy at the earliest opportunity can have an enormously positive impact on a person's wellbeing. Early intervention is associated with better recovery outcomes, lower relapse rates, and can, in some cases, reduce the need for medication. Our service provides Step 2 interventions for people experiencing common mental health difficulties such as stress, low mood, anxiety, worry, and sleep problems. Treatment interventions include guided self-help, courses and workshops, and computerised CBT including SilverCloud. Accessing the right support at the right time can make a significant difference. [Click here to view the support and treatment options available.](#)



Follow us on social media:
Hertfordshire & Mid Essex Talking Therapies

www.hpft-takingtherapies.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.