

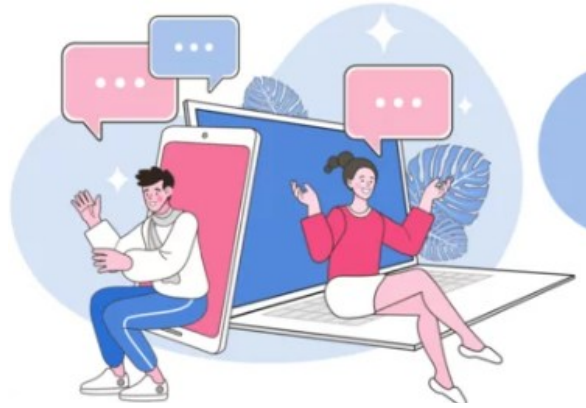
We've recently updated the FAQ section on our website to make it even easier to find clear, helpful information about our service. The refreshed FAQs cover common questions about accessing support, what to expect from appointments, and how to make the most of your therapy journey, helping people feel more informed and confident every step of the way. Explore the updated section here: www.hpft-talkingtherapies.nhs.uk/about-us/faq

Mental Health Awareness Training

As part of our celebrations for Mental Health Awareness Week we are delighted to be offering a free online **Mental Health Awareness Training** session on Wednesday 13th May (10am-11am) to raise awareness of common mental health problems and how to identify them. The session will provide you with tools and techniques to help you support those around you, be it colleagues struggling with pressures at work, service users navigating challenging lives, friends, and family. This brief overview session identifies key contributors to mental health challenges, signs and symptoms of mental health difficulties, and ways in which you can open sensitive conversations, develop a plan of action, and build trust. Improving your understanding of mental health difficulties could benefit many people around you. [Click here to register and find our full programme of activities taking place during Mental Health Awareness Week.](#)

Digital Spotlight:

[Mental Health Awareness Week webinars](#): Our tailored programme of webinars taking place during Mental Health Awareness Week will cover a range of topics, including stress, depression and bereavement. These sessions offer both educational and practical support, helping individuals learn relevant Cognitive Behavioural Therapy (CBT) techniques to make positive changes in their lives. Check out our website for our full programme of activities.



Follow us on Social Media We share helpful tips and content directly from our therapist via short videos to promote positive wellbeing. During Mental Health Awareness Week we will be focusing on taking action to support good mental health. Check out our channels on the icons below.

Raising Awareness in the community:

April is Stress Awareness Month, a time to reflect on the impact stress can have on our wellbeing and to explore practical ways to manage it. Stress is a normal part of life, but when it becomes overwhelming, it can affect both our mental and physical health. Taking small steps to understand and manage stress can make a big difference. To support this, we're hosting a [How to Cope with Stress](#) webinar on Tuesday 14th April at 5:30pm, designed to share simple, effective techniques to help you recognise stress and build healthier coping strategies.



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.