

Our website acts as a gateway to our NHS Talking Therapies services where anyone 16+ registered with a GP in Hertfordshire can self-refer. It offers a range of accessible resources, including the option to book free live and interactive webinars, watch self-help videos, explore practical guides, and read real recovery stories from people who have used our services: [www.hpft-takingtherapies.nhs.uk](http://www.hpft-takingtherapies.nhs.uk)

### Information for carers, family and friends

As part of our continued effort to highlight the important role that carers, family members, and friends can play in supporting people to access NHS Talking Therapies and engage with treatment, we have launched a new section on our website providing dedicated information. The new section also features a series of short videos covering:

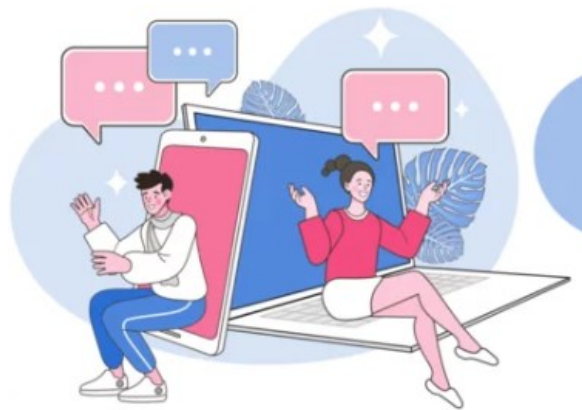
- *How does confidentiality work when I am trying to support someone who is in treatment?*
- *How can I help someone get treatment in the first place and then help them to get the most out of that treatment?*
- *What to do when someone doesn't want help.*
- *Carers matter too! How to get support for yourself.*
- *What to do if you are worried about someone's safety.*

[Click here to watch our carers video series.](#)

### Digital Spotlight:

#### LGBTQ+ - You Don't Have to be Out to Get Help

If you support or work with LGBTQ+ communities, this video may be helpful to share with anyone who may be worried about accessing support for their mental health. Victoria Lacey, Deputy Clinical Lead in our Digital Team, explains that therapy is a place where people can explore identity, relationships or simply how they are feeling, without judgement. The video also includes information on how to self-refer.



Seasonal Self-Care This uplifting webinar is designed for anyone who feels their mood dip during the autumn and winter months, this session offers supportive, practical guidance to help navigate the seasonal shift with confidence.

### Raising Awareness in the community:

January can bring pressure to feel motivated or make changes straight away, but it doesn't have to be. 'Mindful Start to 2026' is our new wellbeing campaign encouraging a gentler beginning to the year. The campaign reminds us that slowing down, taking small steps and being kind to ourselves can all support our mental health. Progress doesn't have to be big to be meaningful, sometimes getting through the day is enough. We'll be sharing our campaign throughout January on our Facebook and Instagram channels, alongside reminders that free, confidential support is available through NHS Talking Therapies. Follow us on our social media channels below.



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

[www.hpft-takingtherapies.nhs.uk](http://www.hpft-takingtherapies.nhs.uk)



**for anxiety and depression**

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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