

Our goal is to ensure that anyone who could benefit from our service is aware of what we offer and can easily access it. We actively seek to connect with a wide range of services and organisations, like yours, to directly reach those who may experience anxiety or depression. A great way of making these important connections is for us to deliver our promotional material, directly to you. As well as our generic poster and leaflets we also have tailored leaflets to support individuals with Long-Term Physical Health Conditions (LTC). For more information please email us at: hpft.talkingtherapiescomms@nhs.net

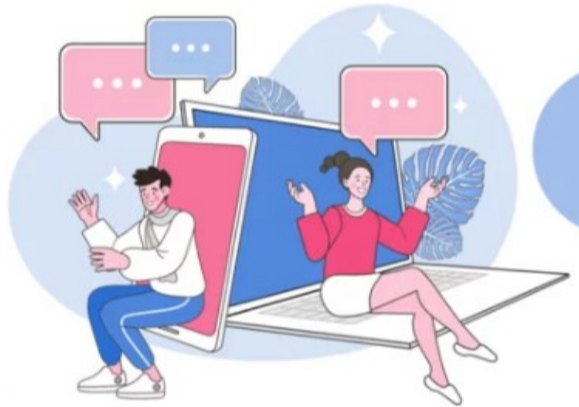
Introducing our new Recovery Stories page

We're pleased to announce the launch of our Recovery Stories page on our website. This new section highlights the powerful, personal journeys of individuals who have engaged with our services and made meaningful progress in their recovery. These stories can inspire those looking for support by providing a clearer understanding of the support available and motivating them to take the first step by making a self-referral. www.hpft-talkingtherapies.nhs.uk/recovery-stories

Digital Spotlight:

[HPFT Talking Therapies YouTube Channel](#)

We have a dedicated YouTube channel for our animation and self-help videos that provide a brief overview of individual topics and introduce helpful techniques that can be practiced at home. Topics include stress, sleep, mindfulness, long term physical health conditions and many more. We also have a range of videos designed to help prepare for initial appointments and therapy. Don't forget to subscribe to receive an update every time we upload.



[Explore our Self-Help Guides:](#)

Our free self-help guides offer support with topics like anxiety, stress, and sleep, and are a great way to prepare for therapy or manage your day-to-day challenges.

Raising Awareness in the community:

Self-Care Month (24th June-24th July) provides an excellent opportunity to raise awareness about self-care and acknowledge the benefits. Throughout the month we will be sharing things that people can do to look after their physical and mental health across our social media channels. Whether someone is new to self-care or looking to develop their routine they can access our extensive library of webinars to learn practical tips to support you to make a positive change in your life. Registering for a webinar on our website is quick and easy, with a variety of dates available to fit everyone's schedule. [Click here to find out more information.](#) Help promote the importance of self-care in your community.



Follow us on social media:
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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No longer want to receive our monthly newsletter? Please reply 'STOP' to this email.