

Our online Peri/Menopause & Emotional Wellbeing Group focuses on helping clients to manage their peri/menopause symptoms using CBT techniques, and includes interventions to reduce stress, manage anxiety, improve mood and sleep when these are affected during peri/menopause. This group offers a confidential space to learn and share experiences with others who are facing similar difficulties. Self-refer today to access support: www.hpft-talkingtherapies.nhs.uk

“NHS talking therapies completely changed my life”: NHS launches major campaign to support millions more people with anxiety

The NHS has launched a landmark new campaign encouraging people experiencing six common anxiety conditions to come forward for support, highlighting that effective treatment is available. Individuals can self-refer online at nhs.uk/talk. The NHS England campaign is supported by EastEnders actress Shona McGarty, The Only Way Is Essex (TOWIE) star Charlie King, and former professional footballer and Professional Footballers' Association chair Clarke Carlisle, who are openly sharing their personal experiences to inspire others to seek help.

Hertfordshire and Mid Essex Talking Therapies will be sharing the national campaign across our social media platforms. Please follow us and share our posts with your networks where possible. You can view our [Facebook page](#) and [Instagram profile](#) via the links provided.

Digital Spotlight:

An Introduction to Men's Mental Health webinar

This webinar explains what mental health is and addresses common misconceptions specifically related to men's experiences. It discusses the factors that can contribute to mental health difficulties in men and the impact these challenges can have on their lives. It will also introduce the basics of cognitive behavioural therapy (CBT) and provides practical coping strategies to support better mental wellbeing.



Menopause and Emotional Wellbeing webinar

This webinar explores the physical and emotional challenges of perimenopause and menopause and introduces tools to support women's emotional wellbeing during this stage of life.

Raising Awareness in the community:

University Mental Health Day took place on Thursday 12th March. This important initiative emphasised the need for accessible, preventative, and early-intervention mental health support across higher education. On the day, we visited several local universities to share information directly with students as part of our ongoing partnership to support both students and staff. We also supplied universities across our area with a range of resources to share with students, helping to raise awareness of the free NHS support available to support their wellbeing. The conversation does not stop here. We will continue working in partnership with universities to champion student wellbeing, alongside promoting our ongoing [self-help programme](#) throughout the year.



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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