

Next week is Mental Health Awareness Week. This year's theme, 'Action: for yourself, for someone else, for all of us,' highlights how individuals, organisations, and communities can take meaningful steps to support good mental health. [Click here](#) to learn how we're taking action during Mental Health Awareness Week and how you can get involved.

Changing the Conversation on Diabetes

Join us in supporting Diabetes Week (8–14th June) and standing with others to change how we talk about diabetes. 8 out of 10 people living with diabetes say they have faced negative attitudes - people passing judgement, making sweeping assumptions, or blaming and shaming those living with the condition. This is diabetes stigma, and it causes real harm to millions. During the week, we will be hosting a free ['Diabetes and Emotional Wellbeing' webinar](#) on Thursday 11 June, which will explore the challenges of living with diabetes and introduce cognitive behavioural techniques to support and improve emotional wellbeing. The webinar will be co-presented by Alan Bellinger, a Trustee of Healthwatch Hertfordshire, a patient representative on the West Herts Diabetes Steering Group, and a member of the Hertfordshire Diabetes Conference Steering Group.

Digital Spotlight:

[Maternal Mental Health Awareness Week](#): Throughout this week, we've released three short videos across our YouTube and Instagram channels. Each video explores an important aspect of early parenthood, from the transition into becoming a parent or caregiver, to understanding baby blues, and the emotional side of motherhood. We also offer a webinar: 'Becoming a parent or caregiver and emotional wellbeing' to support with stress, low mood, and worry during the perinatal period. [Find out more here.](#)



[Mental Health Awareness Training](#): Our free online training builds awareness of common mental health problems and offers practical tools to support your colleagues, service users, friends, and family. By improving your understanding of mental health, you can make a real difference in the lives of those around you.

Raising Awareness in the community:

Carers Week (8–14th June 2026) is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. During the week we're hosting our two free webinars: ['Care for Carers'](#) and ['Carers: Managing Difficult Emotions and Building Resilience'](#). Throughout June, we will also be supporting the Hertfordshire County Council CareFest '26 events taking place across eight Hertfordshire library sites. These free drop-in events are designed to support older residents, people with disabilities, and unpaid carers by providing the opportunity to connect with a range of local partners offering support services across Hertfordshire. [Click here for more information.](#)



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for anxiety and depression

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