

As our Talk for Your Health: Emotional Support for Long Term Conditions campaign continues we'd like to thank everyone who has supported and shared our message so far. Your involvement is helping raise awareness of the emotional impact of Type 2 Diabetes and the support available through NHS Talking Therapies. Please continue to share our posts and resources to help more people access the help they need. Visit www.hpft-talkingtherapies.nhs.uk/talk-for-your-health or contact hpft.talkingtherapiescomms@nhs.net

Celebrating Psychological Professions Week 2025!

From 10–14 November, HPFT Talking Therapies and the East of England PPN joined colleagues across the country for a fantastic week of inspiration, learning, and celebration of the psychological professions. Our region hosted two standout online sessions:

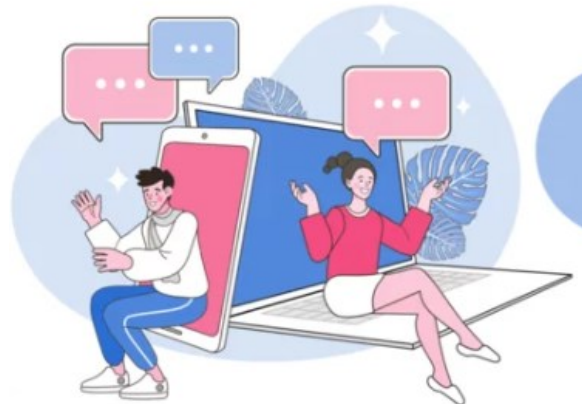
- Shifting the Narrative - Speaking with Physical Health Patients about Psychological Support
- The 3 Shifts in Action - Celebrating Psychological Professionals in the East of England

These sessions showcased innovative practice across the region - from digital innovation in NHS Talking Therapies to perinatal and CYP workforce developments. A huge thank you to everyone who took part and helped make the week such a success! Together, we continue to highlight the vital role of psychological professionals in improving health and care. Sessions will be recorded and made available on the PPN website: [PPN - Home](#)

Digital Spotlight:

We've Launched YouTube Shorts

We're excited to announce the launch of our new YouTube Shorts, introduced alongside our 'Talk for Your Health' campaign. These short, engaging videos from our colleagues talk about the emotional toll of living with Type 2 Diabetes, as well as a powerful real-life story from Alan Bellinger, Chair of the Hertfordshire & West Essex Diabetes Support Group, reflecting on his 18-year journey of living with and managing the condition.



[Instagram](#) You can find all of our Video Shorts on our Instagram Reels. Follow us [@hpfttalkingtherapies](https://www.instagram.com/hpfttalkingtherapies) to watch, share, and join the conversation about Type 2 Diabetes, as well as the health and wellbeing support available in our local community.

Raising Awareness in the community:

We're proud to support National Grief Awareness Week (2–8 December), led by The Good Grief Trust. This year's theme, "Growing with Grief," reminds us that while loss changes us, we can find new strength and meaning along the way. As part of the week, we're hosting a free online NHS expert-led [Bereavement: Living with Grief and Loss](#) Webinar on Monday 8 December. Find details and register via our website. Grief affects everyone differently, and there's no right or wrong way to cope. This webinar offers space to reflect, understand your emotions, and learn ways to live with loss. It is dedicated to both people who are grieving and those who are trying to support them.



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Hertfordshire & Mid Essex Talking Therapies

www.hpft-takingtherapies.nhs.uk



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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