

This week, we launched our annual 'Talk for Your Health' campaign, focusing on Type 2 Diabetes. The campaign encourages individuals experiencing stress, low mood, or anxiety related to their Type 2 Diabetes to seek support through NHS Talking Therapies services. We'll be sharing key messages across our social media channels, offering top tips and helpful information. Tania Marques, Long Term Conditions Deputy Clinical Lead for the service, said: "We invite everyone to join us in this important initiative. By fostering open conversations about emotional wellbeing and long-term conditions, we can create a supportive community where individuals feel empowered to seek the help they need." If you haven't received an email with our digital toolkit to share with your audience, please contact us at hpft.talkingtherapiescomms@nhs.net

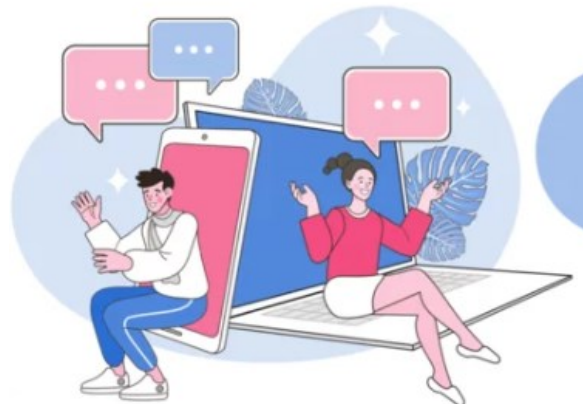
***NEW* Better Sleep, Better Health – Online Group**

This NEW, free, evidence-based online group is designed for individuals experiencing sleep difficulties associated with stress, low mood, anxiety, or physical health difficulties. Starting Thursday 16th October, sessions will run from 12:30-2:30pm for a total of eight weeks. This structured programme provides participants with a safe environment to explore sleep difficulties and learn strategies to support wellbeing using Cognitive Behavioural Therapy (CBT) techniques. We encourage you to share this opportunity with your service users who may benefit. A self-referral and initial appointment are required: www.hpft-talkingtherapies.nhs.uk

Digital Spotlight:

Understanding ADHD and Low Self-Esteem

Our popular webinar 'Understanding ADHD and Low Self-Esteem' is returning this year! Join us on Thursday 30th October, from 2:00pm to 3:30pm, during ADHD Awareness Month. This webinar is for adults that would like to learn more about the relationship between ADHD and low self-esteem. Our service is unable to offer treatment for ADHD specifically, however we routinely adapt what we offer for neurodiverse people.



Diabetes Animation As part of our 'Talk for Your Health' campaign, we've re-launched our 'Living Well with Diabetes' animation, which provides a brief overview of diabetes and emotional wellbeing and introduces the webinar.

Raising Awareness in the community:

This November, in recognition of Men's Health Awareness Month, we're shining a spotlight on the importance of men's mental wellbeing. To mark the occasion, we're launching a *NEW* webinar, An Introduction to Men's Mental Health, created to provide a supportive, stigma-free space and offer practical guidance for men to look after their mental health. Everyone experiences mental health difficulties at some point in their lives. Misconceptions around what it means to be a "man" can stop us from acknowledging these or make us feel worse. The webinar will take place for the first time on Wednesday, 26th November, 2:00pm. [Click here to register](#). Alongside the webinar, we also have a short animation video that introduces key themes in men's mental health and encourages men to take steps toward caring for their emotional wellbeing. [Click here to watch](#).



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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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