

Our Talk for Your Health: Emotional Support for Long-Term Conditions (LTC) campaign began on 5th October and will be running for eight weeks. For 2026, the campaign focuses on Chronic Obstructive Pulmonary Disease (COPD) and the emotional impact of living with a long-term respiratory condition. COPD can affect much more than breathing. Alongside the challenges of managing physical health, people may experience anxiety, low mood, isolation or reduced confidence. By sharing our campaign messages and resources, you can help make mental wellbeing part of everyday care, encourage conversations and support people to seek help when they need it. Find out more and discover how you can get involved: www.hpft-talkingtherapies.nhs.uk/talk-for-your-health

Working Together: Hertfordshire Talking Therapies and CGL Spectrum

Hertfordshire Talking Therapies and Change Grow Live (CGL Spectrum) are working together to strengthen support for people experiencing both mental health and substance use challenges. By building closer links between services, the partnership aims to improve communication, enhance understanding of each service's expertise, and create a more joined-up approach to care. As part of this collaborative work, a series of short video clips has been developed to showcase the benefits of partnership working, share insights from both services, and highlight how joint working can help improve experiences and outcomes for the people we support. [Click here to watch our videos.](#)

Digital Spotlight:

[Diabetes and Emotional Wellbeing](#)

Taking place during Diabetes Month in November, our popular Diabetes webinar explores the challenges of living with diabetes and shares Cognitive Behavioural Therapy (CBT) techniques to improve emotional wellbeing.



[Carer support webinars](#) Supporting someone else can be rewarding, but it can also be emotionally challenging. Our carers webinars help unpaid carers recognise signs of stress, manage difficult emotions, build resilience, and learn practical wellbeing techniques, including a guided relaxation exercise.

[Podcast 'Let's Open Up'](#) Our new mental health podcast, is now live. The first four episodes of 'About Therapy' are available now, offering honest conversations about what therapy is really like and how it can support mental wellbeing. Listen now on your preferred podcast platform.

Raising Awareness in the community:

To mark ADHD Awareness Month, we're pleased to invite you to our Understanding ADHD & Low Self-Esteem webinar on Tuesday 27 October, 11:00am–12:30pm. People with ADHD can experience low self-esteem due to challenges such as forgetfulness, difficulties with concentration, restlessness and experiences of rejection. These experiences can contribute to negative thoughts and beliefs about themselves. The webinar will explore how Cognitive Behavioural Therapy (CBT) can help us understand and address low self-esteem in the context of ADHD. It will also introduce practical CBT-based techniques to support self-esteem and highlight the strengths associated with ADHD. While NHS Hertfordshire Talking Therapies does not provide specific treatment for ADHD, we routinely adapt our support to meet the needs of neurodiverse people. [Click here to register.](#)



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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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