

We're delighted to announce that our Talk for Your Health: Emotional Support for Long Term Conditions (LTC) campaign will be returning this October, running for 8 weeks. For 2026, the campaign will focus on Chronic Obstructive Pulmonary Disease (COPD) and the emotional impact of living with a long-term respiratory condition. COPD can affect more than breathing, with people experiencing anxiety, low mood, isolation or reduced confidence alongside the challenges of managing their physical health. By sharing our campaign messages and resources, you can help make mental wellbeing part of everyday care and encourage people to seek support when they need it. Find out more and discover how you can get involved: www.hpft-talkingtherapies.nhs.uk/talk-for-your-health

EDI Networking Event

We are pleased to invite you to our upcoming Equality, Diversity and Inclusion (EDI) Network Event: From Conversation to Action, taking place on Tuesday 29th September, 9:00am-12:30pm at the Colonnades, Hatfield. Building on our previous network events and recent topic-specific discussion groups, this event will focus on turning ideas into practical action. Attendees will have the opportunity to hear feedback from the discussion groups, explore proposed actions, and discuss how we can continue working together to improve access, inclusion, and outcomes for local communities. Together, we can strengthen partnerships and drive positive change for the diverse communities we serve across Hertfordshire. [Click here for event details and registration.](#) You do not need to have attended previous events to take part.

Digital Spotlight:

[*NEW* Let's Open Up Podcast Launching Next Week](#)

Listen to our launch trailer and follow 'Let's Open Up' on your preferred podcast platform. Our brand-new mental health podcast launches on 16 September, featuring honest conversations with people with lived experience, mental health professionals and special guests. Together, we'll explore mental health, wellbeing and the stories behind them.



[Series Trailer: About Therapy](#)

Our first podcast series explores what therapy is really like through honest conversations with therapists and people with lived experience. Join our [mailing list](#) for launch updates and new episode notifications.

Raising Awareness in the community:

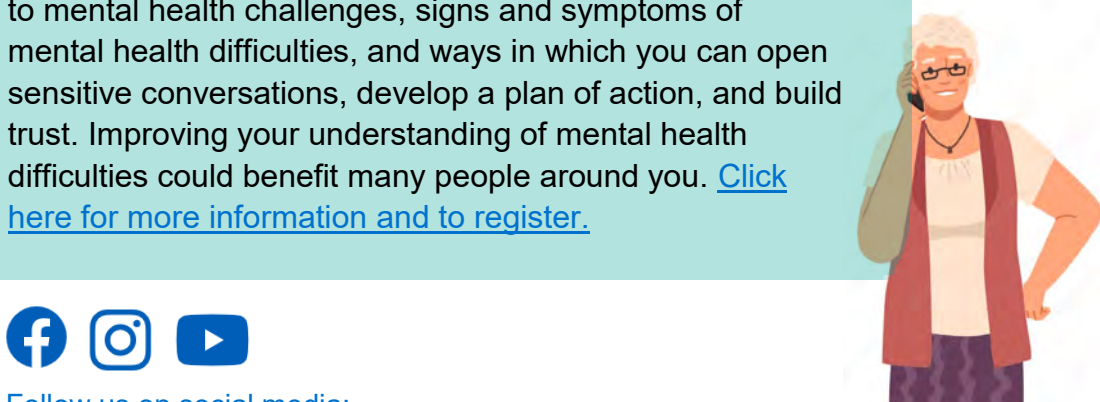
As part of our celebrations for World Mental Health Day, we will be offering our free online Mental Health Awareness Training on Monday 12 October, 11am-12pm. This session will raise awareness of common mental health problems and how to identify them. It will provide tools and techniques to help support those around you, be it colleagues struggling with pressures at work, service users navigating challenging lives, or friends and family. This brief introductory overview identifies key contributors to mental health challenges, signs and symptoms of mental health difficulties, and ways in which you can open sensitive conversations, develop a plan of action, and build trust. Improving your understanding of mental health difficulties could benefit many people around you. [Click here for more information and 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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