



FREE wellbeing support for organisations and community groups

Hertfordshire Talking Therapies is committed to working with local communities to share mental health best practice and provide tools and resources to manage emotional and mental wellbeing. As part of our community outreach work, we are delighted to offer a range of talks, workshops and webinars. www.hpft-talkingtherapies.nhs.uk

Introductory talk and service overview: a short introduction to the Hertfordshire Talking Therapies, including information about our client groups, the conditions we treat and the wide range of treatments we can offer, our referral pathway and a summary of our extensive resource library.



Workshops: onsite, in-person workshops covering key mental health topics. Our workshops bring essential information to local audiences in an interesting and accessible way. Written and presented by our clinicians, these workshops address specific mental health concerns and offer handy tools and techniques based on Cognitive Behavioural Therapy (CBT). No prior knowledge is assumed and learnings can be easily applied to individual challenges. Introductory topics include: stress management, how to sleep better and relaxation.

Webinars: We offer an extensive programme of live online webinars designed to help individuals manage common mental health issues. Our programme of webinars are updated regularly and covers a variety of topics including stress, sleep and relaxation, as well as worry and anxiety, mindfulness and bereavement. These webinars provide educational and practical help based on relevant Cognitive Behavioural Therapy (CBT) techniques to make positive change. A variety of topics and dates are available on our website: www.hpft-talkingtherapies.nhs.uk

Mental Health Awareness training: Some organisations work with client groups likely to be vulnerable; others need their employees to undertake emotionally demanding work on a regular basis. For these organisations we can offer a short session explaining the signs and symptoms which clients or colleagues might display when experiencing difficulties with their emotional wellbeing. The session discusses how to approach a difficult conversation about mental health and we also provide detailed information about what to do next and how to access support.



Opportunity to collaborate on new mental health material: where appropriate, we are delighted to work collaboratively with organisations seeking to develop a workshop, webinar or other material to help address specific mental health topics. These could be specific to your staff or client group needs.