

We're excited to introduce a fresh new design for our **Primary Care Mental Health update**, which we'll continue to share with you every month. Our goal is to make it easier for you to stay informed, engaged, and connected with everything Hertfordshire Talking Therapies has to offer. Each month, we will bring you the latest updates, helpful resources and new innovations. We hope this new format makes it even more enjoyable to explore what's happening in our community.

### Group Therapy video series

Discover how group therapy can be a powerful tool for healing **from past group attendees** with our new three-part video series, '**How to Get the Most Out of Your Group Therapy**'. This series introduces our group therapy offerings, explores the benefits, and includes real insights on what to expect. Learn how sharing experiences and connecting with others in a safe, supportive environment can encourage personal growth, build community, and offer new perspectives. This series will be routinely shared with patients during their journey with our service to support with decision making.

### Digital Spotlight:

#### **Managing employment and emotional wellbeing webinar:**

An introduction to common workplace challenges that impact emotional wellbeing. Learn CBT-based self-help strategies to manage stress, practical tips for job interviews and staying in work. Gain valuable insights to support your mental health at work.

#### **Managing change in later life webinar:**

Explore the emotions that come with life transitions, especially in later years. Learn practical CBT-based techniques to manage worry, low mood, and change while staying connected and maintaining wellbeing. Open to all, with a focus on those 65+.

#### **Menstrual cycle and mental wellbeing webinar:**

Explore the physical and emotional challenges that can arise throughout the menstrual cycle. Learn how CBT techniques can help navigate these changes and improve overall emotional and physical wellbeing.



### Raising Awareness in the community:

In celebration of Mental Health Awareness Week 2025, with this year's theme of '**Community**', join us for a free online **Mental Health Awareness Training** session on Wednesday 14th May from 3-4pm. This session will help you identify common mental health challenges, recognise key signs and symptoms, and equip you with the tools to support your colleagues, service users, friends, and family. Learn how to start sensitive conversations, develop action plans, and build trust. Empowering you to make a positive impact within your community and beyond.



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Hertfordshire & Mid Essex Talking Therapies

[www.hpft-takingtherapies.nhs.uk](http://www.hpft-takingtherapies.nhs.uk)



**for anxiety and depression**

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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