

Our HPFT Talking Therapies Digital Team has recently released a new animated video, **‘What is Couples Therapy for Depression (CTfD)?’** CTfD is an evidence-based therapy that helps couples understand how difficulties within their relationship may contribute to depression in one or both partners. The therapy focuses on helping couples to improve communication, manage stress, and navigate life changes together. [Click here to watch the animation.](#)

Clarification: Talking Therapies Support for Insomnia

We would like to clarify our offer for patients experiencing insomnia. Our service does not provide one-to-one treatment where insomnia is the primary presenting problem. However, we do offer a Cognitive Behavioural Therapy (CBT) for Insomnia group for patients whose main presenting difficulty is anxiety or depression, where insomnia is a symptom associated with these conditions. When considering referrals, please ensure that anxiety or depression is the primary presenting problem. **Referrals for insomnia alone are not appropriate for the Talking Therapies service and may be better directed to alternative pathways/services where available.** Thank you for your support in helping ensure patients are referred to the most appropriate service.

Digital Spotlight:

[South Asian Heritage month](#)

During South Asian Heritage Month this July, we will be sharing a series of short videos to raise awareness of mental health support within South Asian communities. The videos explore common misconceptions about therapy, explain what support involves, and highlight how NHS Talking Therapies provides accessible, culturally sensitive support, including interpreter services. The campaign also aims to encourage open conversations about mental health and reassure people that seeking support is a positive step.



[Involvement Network:](#) In our new two-part YouTube series, Sarah shares how joining the NHS Hertfordshire & Mid Essex Talking Therapies Service User Involvement Network helped her stay connected after therapy. If you or someone you know has used our service and would like to get involved, visit the 'Get Involved' section of our website.

Raising Awareness in the community:

July marks Self-Care Month, making it a great opportunity to focus on the small, everyday actions that support our emotional wellbeing. Throughout the month, we'll be sharing practical reminders as part of our **Joyful July** social media campaign, encouraging you to notice the positives, take mindful breaks, connect with colleagues, prioritise balance, and reflect on the moments that make you smile. Whether someone's new to self-care or looking to build on their existing routine, our extensive library of webinars offers practical tips and advice to help make positive changes. Registering for a webinar through our website is quick and easy, with a range of dates available to suit different schedules. [Click here to find out more.](#) Help promote the importance of self-care in your community by sharing these resources with others.



Follow us on social media:
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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