

Primary Care Mental Health update Hertfordshire Wellbeing (IAPT)



Sharing information to better support your patients

One of our service objectives is to ensure that anyone who could benefit from our support is aware of what we offer and easily able to access it. We do this by connecting with organisations such as yours, to ensure that our information is available digitally to people in areas where they are most likely to look for support including GP and service websites, public and staff facing newsletters and social media channels. By including information about how to access our free NHS support equips people with the information that they need to make a self-referral and start their journey to recovery and improved wellbeing. Link to our website: <https://www.hpft-iapt.nhs.uk/>
Webinars and self-help materials: <https://www.hpft-iapt.nhs.uk/resources-and-self-help>

Awareness Training *NEW DATES*

After the success of our first Mental Health Awareness Training during Mental Health Awareness Week 2022 we are pleased to announce that we have released further dates for this year. This webinar is for anyone working with, or for, groups vulnerable to common mental health problems. Whether you were able to make our last training session or not, please do feel free to join us again and ensure to inform your colleagues and clients and encourage them to sign up. Available dates: Tuesday 2nd August (11am) and for World Mental Health Day 2022 on Monday 10th October (1pm). Improving your understanding of mental health difficulties could benefit many people around you. [Click here for more information and to register.](#)



Long Term Physical Health Conditions (LTC)

Our team have received specialist training to deliver evidence-based interventions for people with comorbid long-term physical health conditions (LTCs). LTCs can have a life-changing impact on an individual's wellbeing, functional capability, and quality of life. Comorbid LTCs and depression and/or anxiety disorders result in increased use of healthcare services and increased physical healthcare costs. For these reasons, it is essential to ensure that both mental health and physical health care needs are met effectively. Our service has a range of treatment options to help improve emotional wellbeing for people living with LTCs including talking therapies, guided self-help, groups and access to online support via SilverCloud. We also offer two free webinars; 'Living well with Diabetes' and 'Living well with a Long-term Physical Health Condition' that patients can register for on our website. [Click here to access our webinar programme.](#)



SilverCloud – online self-help programme

SilverCloud is a flexible online solution to accessing therapy for symptoms of low mood and anxiety. The online self-help programme consists of evidence-based techniques based on Cognitive Behavioural Therapy (CBT). Modules available on SilverCloud include Space from GAD, Space from Depression, Space from Depression and Anxiety and Space from Stress. After self-referring to the service, patients will be provided with a secure account for SilverCloud and a support worker who will monitor progress throughout and provide guidance and encouragement via regular reviews. SilverCloud is accessible from any device that has an internet connection, at any time of the day, meaning you can work through at your own pace. [Click here for more information and to self-refer.](#)



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