


Primary Care Mental Health update Hertfordshire Talking Therapies

Diabetes support – guest speaker Hannah Ezekiel




Our next 'Diabetes and Emotional Wellbeing' webinar taking place on Thursday 20th February at 3:00pm, will be co-presented by Hannah Ezekiel, diabetes specialist dietician for the Herts Valleys Integrated Diabetes Service. Hannah has been working as a dietitian since 2018. She specialises in gestational diabetes and works as part of a multiprofessional healthcare team. This webinar explores the connection between physical and mental health for those living with diabetes. It introduces Cognitive Behavioural Therapy (CBT) and explains from a CBT perspective how emotional wellbeing can be impacted when living with Diabetes. The webinar presents different coping strategies based on CBT that can be used to improve emotional wellbeing when living with Diabetes. [Click here to find out more and to register to attend.](#)

Neurodiversity celebration week

We're excited to announce that our next [Understanding ADHD and Low Self-Esteem](#) webinar will take place on Tuesday 18th March, from 11:00am-12:30pm as part of Neurodiversity Celebration Week (17th–23rd March). Many individuals with ADHD face challenges that can affect their self-esteem, often due to difficulties such as forgetfulness, trouble focusing, or restlessness. Additionally, research suggests that people with ADHD may be more sensitive to rejection, which can contribute to negative self-perceptions. This webinar will explore how Cognitive Behavioural Therapy (CBT) can help individuals understand these experiences and the factors that contribute to low self-esteem in the context of ADHD. We'll also introduce practical, CBT-based strategies to boost self-esteem and highlight the unique strengths commonly found in people with ADHD. Our service does not provide treatment specifically for ADHD, we routinely adapt our approaches for common mental health problems to support neurodiverse individuals.

NEW What is Dynamic Interpersonal Therapy (DIT) animation video



Our HPFT Talking Therapies Digital Team have recently released the new whiteboard animation 'What is Dynamic Interpersonal Therapy (DIT)?'. DIT can help those living with low mood by focusing on the impact their relationships with other people may be having on their emotional wellbeing. The animation is voiced by Matthew, a DIT therapist in our service. In the animation, Matthew introduces DIT, explains the focus of this treatment modality, and who could benefit from it. Additionally, Matthew provides an overview of the number of treatment sessions available in DIT and what is explored in these. [Click here to watch our 'What is Dynamic Interpersonal Therapy \(DIT\)?' animation video and to learn more.](#)

Time to Talk Day 2025

This year, Time to Talk Day was held on Thursday 6 February, bringing people across the nation together to spark meaningful conversations and break the silence surrounding mental health. While talking about mental health isn't always easy, even a small conversation can have a powerful impact. [Check out these talking tips for starting conversations about mental health.](#) Our services are committed to keeping these discussions going all year round. We offer access to talking therapies designed to support individuals in improving their wellbeing. Reaching out for support can make a significant difference in someone's life. [Click here to self-refer online for NHS talking therapies.](#)



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