

Primary Care Mental Health update Hertfordshire Talking Therapies

TALK FOR
YOUR HEALTH
#TalkHealth2024

NEW Talk for Your Health campaign

On Monday we launched our new campaign "Talk for Your Health: Emotional Support for Long Term Conditions (LTC)". The campaign will run until Friday 29th November. People who have LTC's are more likely to experience anxiety and low mood, and these emotional difficulties can make the physical symptoms of their LTC worse. Our campaign aims to encourage individuals struggling with stress, low mood, or anxiety related to their LTC to seek help through NHS Talking Therapies services. By participating in this campaign, you can play a pivotal role in improving the wellbeing of those living with long term conditions in our community. Thank you for your continued support and dedication. For more information about the campaign, available resources, and how to get involved, please visit: www.hpft-talkingtherapies.nhs.uk/talk-for-your-health

Support for Long Term Conditions

People living with a long term physical health condition such as diabetes, chronic pain, COPD, or chronic heart disease may face various challenges across many areas of their life. For many people their LTC will have an impact on their mental health. Our clinicians have received specialist training to deliver evidence-based interventions for people with comorbid long term physical health conditions. Our website hosts a variety of self-help resources including short informative animation videos and NHS expert-led webinars, [click here for more information.](#)



How can you support the Talk for Your Health campaign?

As an organisation working with and supporting people within the local community, you play a crucial role in supporting individuals with various health needs and are uniquely positioned to identify people with a long term condition who may benefit from additional mental health support. If you notice signs of distress or if someone is expressing feelings of anxiety or sadness, consider discussing the benefits of talking therapies with them. You can display our campaign resources within your practice or clinic, help spread the word by providing your clients with information about the campaign and guide them to our website and online self-referral portal. Signposting patients directly to support can make a significant difference in their journey towards better mental health. [Click here.](#)



Webinars for people living with a Long Term Condition:

Our programme of NHS expert-led webinars are designed to help individuals manage common mental health problems. Among our offering, we have specific webinars aimed at supporting those living with long term conditions.

Diabetes and emotional wellbeing: This webinar is presented by Cognitive Behavioural Therapists, trained in long term physical health conditions, and guest presenters, including Diabetes specialists and experts by experience, to support anyone living with Diabetes or who knows someone living with Diabetes. [Click here to book.](#)

Living Well with a Long-term Physical Health Condition: This webinar is an introduction to what it means to live with a long-term physical health condition and the ways in which it may take a toll on mental health. This webinar is for anyone who has a long term physical health condition. [Click here to book.](#)

Living well with persistent pain: This webinar introduces the relationship between physical and mental health and provides self-help tools that can help with pain management and emotional wellbeing. [Click here to book.](#)

Long Covid: Moving Forward: This webinar introduces the physical and emotional difficulties people may experience as a result of living with Long Covid. [Click here to book.](#)



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