

Primary Care Mental Health update Mid Essex Talking Therapies



2024

Making Mental Health a priority in 2024

This time of year fills many of us with hope, but can also be hard for many people for different reasons. In light of the numerous challenges the World has faced over recent years we have become even more aware of the importance of looking after our mental and physical health. Positive mental health allows us to; realise our full potential, cope with the stresses of life, work productively and make meaningful contributions to communities. Our service offers access to free, confidential, and highly effective talking therapies for people struggling with common mental health problems. Our team of experienced therapists works with people to understand their challenges and equip them with tools and techniques to manage their difficulties. We have a dedicated resources and self-help section on our website that includes, live and interactive webinars, self-help materials and resources including a library of self-help guides to complement the treatment we provide, and access to free self-help videos developed by our clinical team: www.hpft-talkingtherapies.nhs.uk

Who are NHS Hertfordshire and Mid Essex Talking Therapies? animation video

We are pleased to share with you the updated '[Who are NHS Hertfordshire and Mid Essex Talking Therapies?](#)' animation video. This animation has been created to introduce our services and the support we provide for residents of Hertfordshire and Mid Essex, and how to self-refer. We kindly ask that you share this information video on your waiting room and promotional screens, website, and social media channels, to inform the people that you see about our free NHS service available locally. You can do this by downloading the .MP4 video attached to this newsletter e-mail. Additionally, you can copy and paste the following YouTube link to your website and social media channels <https://youtu.be/WZeRIS4AkUI>. Increasing awareness of NHS Talking Therapies will provide your clients with information to take control of their own mental health and self-refer to access support.



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 several specialist webinars including '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.](#)



Living well with persistent pain

Persistent pain affects millions of people in the UK. It can have a huge impact on a person's quality of life and can also affect the lives of their family and those around them. Our service has produced a short animation video that provides an overview of the support available to help with pain management and emotional wellbeing. [Click here to view the animation.](#) It also provides information on the 'Living well with persistent pain' webinar. The 'Living well with persistent pain' webinar introduces the difference between acute and persistent pain, as well as the physical and mental aspects of self-managing persistent pain. The webinar also covers the relationship between physical and mental health and provides tools based on Cognitive Behavioural Therapy that can help with pain management and improve emotional wellbeing. [Click here for more information and to register.](#)



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