

Primary Care Mental Health update Hertfordshire Talking Therapies

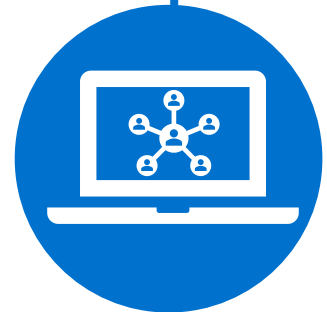
Introducing Our *NEW* Long Term Conditions Section

“I wish more people knew about the service NHS Talking Therapies can offer and the benefits you can get from accessing support”. We’re thrilled to announce the launch of a new dedicated section on our website, specially designed for individuals living with long term physical health conditions (LTC). This new resource follows the success of our Talk for Your Health campaign, which ran throughout October and November, and aims to continue supporting people with an LTC. We recognise the additional challenges people living with an LTC may face and have therapists who work with people with long term physical health conditions and worry, anxiety and/or low mood. [Click here to view our new LTC section of our website.](#)



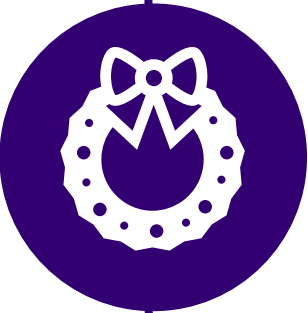
‘Coping with Depression’ Group

“The group session allowed me to open up on a different level as I was able to gain encouragement from hearing others’ stories. I felt spurred on to try out CBT techniques which has helped with my mood”. Depression is when someone feels low in mood and loses interest in day to day life, resulting in reduced energy and activity levels. Our virtual depression group will help people to see they are not alone. ‘Coping with Depression’ is a 9 week online Cognitive Behavioural Therapy (CBT) group that focuses on the interplay between thoughts, behaviours and emotions and the ways in which we can make ourselves feel better. The ‘Coping with Depression’ group starts on January 15th, 12:30-2:30pm with sessions held every Wednesday. [Self-refer via our website to access this group.](#)



Festive Acts of Kindness

We understand that when it comes to the festive season, not everyone will be celebrating in the same way. Throughout the month we will be sharing ideas for festive acts of kindness to support good mental health. Kindness boosts endorphins - the brain’s “feel-good” chemicals – while reducing stress, anxiety, and depression. Helping others promotes a sense of purpose and happiness, so why not bring joy to your community this season by helping with festive decorations for neighbours who need a little extra support, donating to a charity or food bank, sharing a kind word and smile, or prioritising self-care through reflection whilst treating yourself to a day of rest. Keep an eye on our social media channels for more inspiration and ensure to share these ideas with your patients you see to support them through this season.



Staying connected during Winter

The winter season can be a time of joy and celebration, filled with festivities and moments spent with loved ones. However, it can also bring challenging emotions, such as loneliness, especially when we feel disconnected from others. For some, this time of year can be one of the most difficult. Loneliness often comes hand in hand with feelings of anxiety around social interactions, low mood, or even helplessness. To support those experiencing these emotions, our therapists have created a short animation video offering practical wellbeing tips to help combat loneliness. [Click here to watch the video.](#) We encourage you to share this valuable free NHS resource with the patients you support. You’re also welcome to post it on your website or social media channels to reach more people who may benefit from it.



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