

Hertfordshire Wellbeing Service: adapting and responding

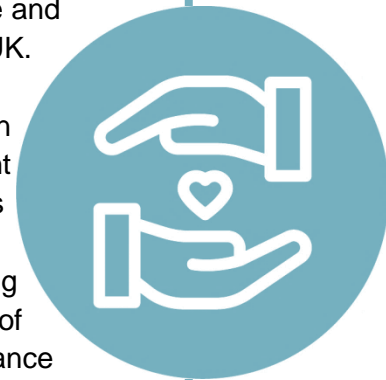


Mental Health Awareness Week

Today marks our final day of celebrating Mental Health Awareness Week whereby it brought the nation together to raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Long-term loneliness is closely linked to mental health problems such as depression. Our services want to carry on these conversations throughout the whole year. We can offer access to talking therapy to support people to improve their wellbeing. It could make a big difference to someone to get the support they need. [Click here to self-refer online for talking therapies.](#)

Support for carers

We are supporting Carers Week 2022 (6th – 12th June 2022). Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. Join us during Carers Week, to come together to make caring Visible, Valued and Supported. We understand that caring for someone can often be demanding. When carers experience challenges over a long period of time, they can have a significant impact on their mental health. During Carers Week we will be hosting two webinars including Care for Carers and Carers: Managing Difficult Emotions and Building Resilience. These webinars support carers dealing with the pressures of their caring roles. Using real world case studies, the webinars offer an insight into the rewards of caring as well as common triggers and symptoms of carer stress and providing guidance on cognitive behavioural techniques which anyone can learn and use to tackle symptoms. [Click here for more information and to register.](#)



Support online 24/7

Residents, stakeholders, GPs, and other Healthcare Professionals can access a range of support on our website 24/7. The website is user-friendly and acts as a gateway to access support across Hertfordshire and Mid Essex, including an online booking system for our live and interactive webinars, access to self-help videos and guides, links to our social media channels and a chatbot function. Our website has been updated to include a dedicated section providing GPs and other Healthcare Professionals with key information about our IAPT services in Hertfordshire and Mid Essex. Here you will find information about who can access our service, the support options available and ways that you can help people to access a wide range of evidence based psychological therapies for common mental health problems. [Click here to view the professional's section on our website.](#)



Benefits of accessing support

Even without the impact of the pandemic, 1 in 4 people will experience a mental health problem of some kind each year in England. Our mental health doesn't always stay the same and can fluctuate in response to life events, especially at these difficult times. It doesn't always mean you need to commit to one-to-one therapy: our service provides a range of brief low-intensity psychological interventions for people struggling with stress, low mood, worry, sleep problems and more. Treatment interventions include guided self-help, courses and workshops, and computerised CBT including SilverCloud. Access to therapy at the right time can have an enormously positive impact on a person's wellbeing. [Click here to find out more about the support and treatment available.](#)



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