

## Primary Care Mental Health update Hertfordshire Wellbeing (IAPT)

# 2023

### Making Mental Health a priority in 2023

Emotional Wellbeing has been at the forefront of people's minds recently, with learning to cope with coronavirus and now the current cost of living crisis. We have become even more aware of the importance of looking after our mental and physical health. Positive mental health allows people to: • Realise their full potential • Cope with the stresses of life • Work productively • Make meaningful contributions to their communities.

Our IAPT service offers access to free, confidential, and highly effective talking therapies for people struggling with common mental health problems including anxiety and depression. Our team of experienced therapists works with people to understand their challenges and equip them with tools and techniques to manage their difficulties. We also offer support online via our website [www.hpft-iapt.nhs.uk](http://www.hpft-iapt.nhs.uk) and have a dedicated section 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. [Click here to view our self-help videos and resources.](#)

### IAPT Psychological Wellbeing Webinars

We are starting the New Year off with a bang, with the release of new webinars to our timetable to meet an increasing demand. Attendance to our webinars during September-December 2022 has risen by 91% compared to the same period in 2021. Our programme of psychological wellbeing webinars provides educational and practical help to support residents aged 16+ to learn relevant Cognitive Behavioural Therapy (CBT) techniques to make positive change in their life. We are launching a \*new\* ['Managing employment and emotional wellbeing'](#) webinar on 20th January, co-presented with Mental Health Matters, which introduces common employment-related difficulties that may impact emotional wellbeing and a \*new\* ['Managing Change in Later Life'](#) webinar on Thursday 2nd February, which identifies the different emotions we may experience when faced with change. To view our library of live webinars, [click here.](#)



### Understanding Low Self-esteem

Living with low self-esteem is common for many people, so it is important to recognise that we are not alone. Low self-esteem is not a condition in itself but may lead to longer-term problems such as depression. It can also occur because of a range of difficulties including chronic illness or relationship problems. Our brand \*new\* 'Understanding Low Self-esteem' webinar, launching on Tuesday 7th February at 10.30am, can help you to recognise how you are feeling and begin to regain control over your mood and the unhelpful self-critical thoughts you may hold about yourself. [Click here to find out more information and to register.](#)



### Mental Health Awareness Training - \*New Date

After the success of our Mental Health Awareness Training sessions held during 2022, we are pleased to announce that we have released a further date for this year. This webinar is for anyone working with, or for, individuals vulnerable to common mental health problems. Please do feel free to join us again and encourage your colleagues and clients to sign up. Available dates: Wednesday 18th January at 1pm. Improving your understanding of mental health difficulties could benefit many people around you. [Click here for more information and to register.](#)

