

Our service can help you to...



manage
stressful
situations



boost
wellbeing



improve sleep



manage worry



learn coping
techniques



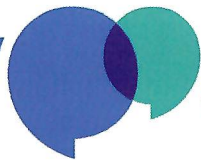
overcome
low mood



relax



understand
low self-esteem



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

Who are we?

Hertfordshire Talking Therapies offers psychological help and practical support for people experiencing a wide range of common mental health conditions. It is part of the national NHS Talking Therapies, for anxiety and depression programme.

How can we help?

Many of the options that we offer are based on Cognitive Behavioural Therapy (CBT), which is an evidence based psychological therapy. CBT can help make sense of our problems by looking at the way we think, and the way we react to situations. Through our support, you can learn skills and techniques to help you manage your emotions, helping you feel better and more in control.

Our help is offered in different ways:

- Telephone support and guided self-help
- Individual cognitive behavioural therapy
- Workshops and/or group work
- Computerised cognitive behavioural therapy

Next step

If you think you would benefit from our service the first step is to talk to us to find out how we can best help you.

Self-refer online: www.hpft-iapt.nhs.uk

Single Point of Access: 0800 6444 101



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