



Welcome to the Wellbeing Team



The Wellbeing Service offers psychological help and practical support for people experiencing a wide range of very common mental health problems such as worry, low mood, insomnia and stress. We also provide support for carers and people who are struggling with the reality of living with long term physical health conditions. Our service can provide help too if you are experiencing anxiety or low mood during or after pregnancy.

Many of the options that we offer are based on cognitive behaviour therapy (CBT) which has shown through research to be a highly effective psychological therapy for people experiencing anxiety or depression. CBT involves looking at the way you think and your ways of coping in order to identify changes that you can make that may help you to feel better.

We deliver treatment in a variety of ways to ensure we can support those needing help as flexibly as possible. Interventions include guided self-help using self-help materials, facilitated Computerised CBT programs, skills based workshops and individual sessions.

If you feel that you would benefit from the service, you are over 16 years and are registered with a GP in Hertfordshire, please make a self-referral by calling the team on 0300 777 0707 or completing a referral form online at <http://www.hpft.nhs.uk/wellbeing-service>

Alternatively you can discuss this further with your GP.

Once you have made contact with the team we aim to be in contact within a few days to book your initial assessment appointment. At this assessment appointment you will be able to discuss your problems in more detail and reach a decision about which form of treatment may be most suitable for you.



This is the link to the main webpage <http://www.hpft.nhs.uk/wellbeing-service> from here patients can explore further info about the service & make a self-referral.

We also have social media pages available, if you'd like to use these the links are below.



<https://www.facebook.com/HPFTWellbeing/>



https://twitter.com/HPFT_Wellbeing