

# Are you over 55?

Do you feel...

socially  
isolated

affected by  
your physical  
health

worried

a lack of  
enjoyment

withdrawn

unable  
to cope

lonely

Hertfordshire Talking Therapies  
can help you work out how to  
feel better.



# Who are we?

Hertfordshire Talking Therapies offers psychological help for people experiencing low mood, stress and other emotional difficulties. It is a free NHS service and is part of the national NHS Talking Therapies, for anxiety and depression programme.

## How can we help:

As we get older we might think that symptoms of low mood or stress are part of the ageing process, and we might not seek help. However, NHS Talking Therapies offers support to people of all ages, helping us to feel better in ourselves, which can lead to improved self-care:

- better management of physical health and health conditions
- reduced isolation and increased levels of confidence
- enhanced quality of life
- improved emotional wellbeing

Treatment offered is based on Cognitive Behavioural Therapy (CBT). CBT is an evidence based treatment and is effective at reducing symptoms of low mood, stress and other emotional difficulties. The service also offers alternatives to CBT, if appropriate.

## How to refer:

To access support from us you must be registered or intending to register with a GP in Hertfordshire. You can complete an online self-referral or speak with your GP or other healthcare professionals. Following this we will review your referral and be in touch to identify how we can best work as a team to support your wellbeing.

**Self-refer via our website: [www.hpft-iapt.nhs.uk](http://www.hpft-iapt.nhs.uk)**

**Single Point of Access: 0800 6444 101**



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Hertfordshire & Mid Essex Talking Therapies