

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



### Living better with persistent pain: Arthritis and emotional wellbeing

Our brand new 'Living better with persistent pain: Arthritis and emotional wellbeing' webinar has been co-produced with Arthritis Action to support people living with Arthritis and anyone living with persistent pain. The webinar introduces the relationship between physical and mental health, and provides tools based on Cognitive Behavioural Therapy, such as pacing and goal setting, that can help with pain management and improve emotional wellbeing. The webinar will be co-presented with Arthritis Action and will launch on **Monday 24th April 11am-12pm**. [Click here to learn more about the webinar or to register to attend.](#)

### SilverCloud – online self-help programme

SilverCloud is a flexible online solution to accessing therapy for symptoms of low mood and anxiety. The online self-help programme consists of evidence-based techniques based on Cognitive Behavioural Therapy (CBT). Modules available on SilverCloud include Space from GAD, Space from Depression, Space from Depression and Anxiety and Space from Stress. After self-referring to the service, patients will be provided with a secure account for SilverCloud and a support worker who will monitor progress throughout and provide guidance and encouragement via regular reviews. SilverCloud is accessible from any device that has an internet connection, at any time of the day, meaning you can work through at your own pace. [Click here for more information and to self-refer.](#)



### Women's health - breaking taboos

This week we celebrated 'International Women's Day' which is a global day celebrating the social, economic, cultural, and political achievements of women. To continue celebrating and supporting women in our community we would like to share with you the 'Women's health – breaking taboos' article written by experienced therapists within our services. This article was published in CBT Today and highlights our two fantastic webinars: 'Menopause and Emotional Wellbeing' and 'Menstrual cycle and mental wellbeing' that were launched to educate, support, and raise awareness around the impact that women's health conditions can have on their mental health and emotional wellbeing. [Click here to view the CBT today published article.](#) To learn more and to register for our 'Menopause and Emotional Wellbeing' webinar highlighted in the article [click here.](#) Or for more information and to register for our 'Menstrual cycle and mental wellbeing' webinar highlighted in this article [click here.](#)



### Trouble sleeping?

This year's World Sleep Day theme set by World Sleep Society 'Sleep is essential for health'. Sleep problems are common, we all have evenings when we find it hard to fall asleep or find ourselves waking up in the night. There's a close relationship between sleep and mental health. If you're having sleep problems, there are simple steps you can take to ease those restless nights. Our 'How to sleep better' webinar, which coincides with world sleep day on Friday 17th March looks at; the importance of sleep for general wellbeing, the relationship between worry and sleep and the practical things we can do to improve our sleep. [Click here to register.](#) Our short self-help video introduces the topic of sleep difficulties and how to manage them. [Click here to watch our self-help video.](#) Please share these links with your clients who may be struggling to sleep.

