

Are you...



Visit our website: www.hpft.nhs.uk/wellbeing-service

Call: 0300 777 0707



or speak to your GP today to see if the NHS Wellbeing Team could help you

Who can access our service?

The Wellbeing Service offers psychological help and practical support for anyone aged 16 & over experiencing a wide range of very common mental health problems. These include mild to moderate depression & anxiety disorders such as; panic, obsessive compulsive disorder, generalised anxiety, post-traumatic stress disorder, post-natal depression & health anxiety.

We offer treatment for those experiencing insomnia and stress as well as carers and people who are struggling with the reality of living with long term physical health condition.

You need to be registered with a GP in Hertfordshire.

What is CBT?

Cognitive behavioral therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

It is most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis. CBT aims to teach you tools and techniques you need to better manage your symptoms, improve your wellbeing, and achieve your goals.

What Treatment options do we offer?

We deliver treatment in a variety of ways to ensure we can support those needing help as flexibly as possible.

Interventions include:

- Psycho-educational Workshops and treatment groups
- Facilitated Computerised Cognitive Behaviour Therapy
- Sign-posting to other community resources
- Facilitated self-help
- Self-help Information
- Individual Cognitive Behaviour Therapy (CBT)



Our values
Welcoming Kind Positive Respectful Professional



Hertfordshire Partnership NHS
University NHS Foundation Trust

