



NHS HPFT IAPT Services

Mental Health Awareness Week (9th—15th May 2022)

Join us for a free live and interactive webinar delivered by a member of our team during **Mental Health Awareness Week (9th—15th May 2022)** to help improve your wellbeing.

Monday: Dealing with Depression (10am)

Depression can be a complex, multifactorial experience with no single cause which explains it. Everyone will experience depression slightly differently, so managing low mood is easier if you can explore and understand your own situation, thoughts and behaviours. This webinar looks at tools and techniques to help you understand your own feelings and make positive changes.



Tuesday: Wellbeing in Pregnancy and early parenthood (10am)

This webinar offers an insight into the common triggers and symptoms of postnatal stress and provides guidance on cognitive and behavioural techniques which you can learn and use yourself to tackle these symptoms.

Wednesday: How to sleep better (1pm)

Sleep is increasingly recognised as a vital element of our wellbeing, and poor sleep can adversely affect all aspects of day to day functioning. This is an introduction to the topic of sleep difficulties including the importance of sleep for general wellbeing and the practical things we can do to improve our sleep.

Thursday: How to cope with stress (3pm)

Stress is not something which just happens to us. Stressful events may be beyond our control but the response we choose is not. This webinar provides an introduction to the topic of stress including some theory, why it occurs and tips on how to manage stress levels.



Friday: Living Well with a Long-term Physical Health Condition (10am)

It is very common for your physical health to impact your mental health and vice versa, our mental health can impact our physical health. This webinar is an introduction to what it means to live with a long-term physical health condition and the ways in which it may take a toll on mental health. The webinar also includes Two guided mindfulness exercises that can be used to manage stress.

Register online to secure your free place : www.hpft-iapt.nhs.uk