



Hertfordshire
Partnership University
NHS Foundation Trust

Living with your depression



Adults in
Hertfordshire



Our  values
Welcoming Kind Positive Respectful Professional

What is Depression?

Depression can be a constant and prolonged experience of sadness, low mood, lack of interest and sometimes hopelessness and despair. It can begin with feelings of anxiety and overwhelm. It can affect anyone at anytime and can impact the ability to live your life each day. Low moods can be caused by a number of factors specific to you. Your depression is as individual as you.

Your recovery journey starts when you make the first step and speak to your healthcare professional. They will work with you to develop your personalised plan of care, referred to as a care plan.

“I have lived experience of depression. I understand it. I want to share there is always HOPE. It can often be a challenge to seek and ask for help. It is so important to reach out to someone. Connect and share your thoughts so you can be linked with the support you need.” ~ Amanda



Together with your health support team you can discuss your recovery choices.



Treatments for Depression

- **Guided self help (printed or digital materials)**

Description	Things to know
Focuses on how thoughts, beliefs, attitudes, feelings and behaviour interact. Teaches coping skills.	May be helpful for people who can recognise negative thoughts or unhelpful patterns of behaviour they wish to change. Needs self-motivation and willingness to work alone (although regular support is provided). Guided self help is available through NHS Talking therapies

- **Talking therapies in groups or 1:1**

Description	Things to know
Different therapy styles to suit your needs: can focus on thoughts, beliefs, attitudes, feelings and behaviour activation OR relationship patterns OR understanding your emotions.	These therapies are face to face in your area.

- **Lifestyle changes**

Description	Things to know
Exercise, mindfulness and creative activities in groups in your community.	The sessions can assist people with concerns such as sleep hygiene, diet, smoking, or alcohol and substance misuse. Groups are led by trained practitioners, and participants benefit from the the addition of peer support.

- **Medication**

Description	Things to know
A course of antidepressant medication.	Minimal time commitment although regular reviews are needed especially when starting and stopping treatment. There may be side effects from the medication, and some people may find it difficult to later stop antidepressant medication.

“Having experienced Depression myself, a big factor in my recovery was working with a range of different professionals. After a period of time, I gained the ability to keep an open mind which wasn’t easy! Also a no wrong door approach. This allowed me to try different treatments whilst not giving up. For example CBT and Coaching. Resources such as a wellness toolbox and 5 ways to wellbeing also played a massive part on a daily basis. Once I stopped fighting mental health and embraced it, I discovered my strengths alongside hope and resilience. Recovery isn’t a straight line. It’s normal to have down periods. With time and the right support, the light appears.” ~ Elisha



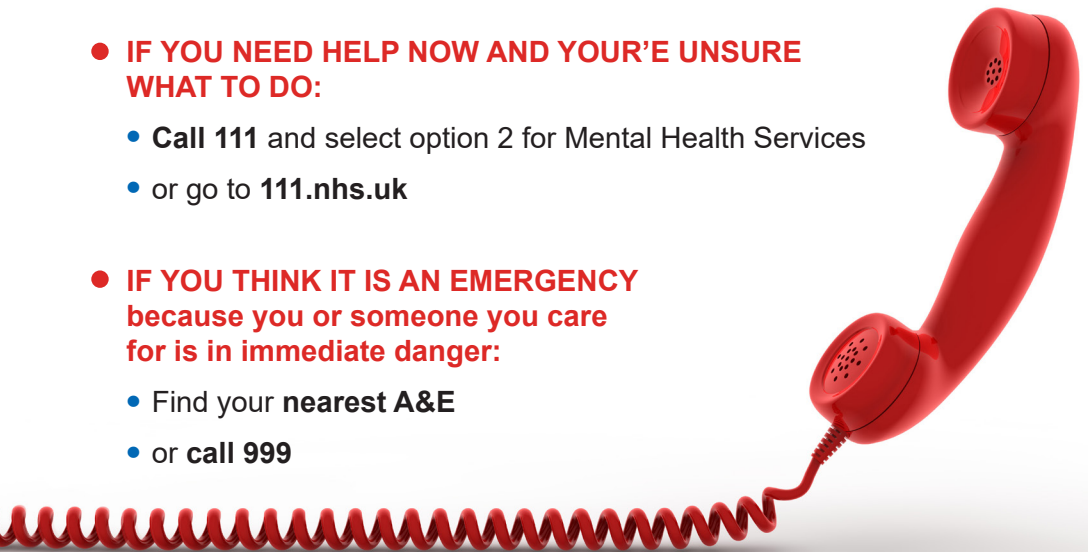
Useful Contacts

● IF YOU NEED HELP NOW AND YOUR'E UNSURE WHAT TO DO:

- Call **111** and select option 2 for Mental Health Services
- or go to **111.nhs.uk**

● IF YOU THINK IT IS AN EMERGENCY because you or someone you care for is in immediate danger:

- Find your **nearest A&E**
- or call **999**



NHS Talking Therapies for Anxiety and Depression

Hertfordshire Talking Therapies offers psychological help and practical support for you or someone you care for who might be experiencing a wide range of common mental health conditions.

They support service users by using therapies, which can help you or the person you care for make sense of problems by looking at the way you (or them) think and react to situations. Through support, you or someone you care for can learn skills and techniques to help manage emotions, helping you or the service user feel better and more in control.

Available to anyone over the age of 16 (17 in Mid Essex) who is registered, or intending to be registered with a GP, in Hertfordshire or Mid Essex. Groups eligible for services include older people, carers, those affected by a long-term physical health condition, and those in the perinatal period.

Talking Therapies has a series of webinars available that cover a variety of topics including stress, sleep and relaxation, as well as worry and anxiety, mindfulness and bereavement.
www.hpft.nhs.uk/webinars



If you would like to refer yourself for service, please self-refer online:
www.hpft-iapt.nhs.uk/referral

or call Single Point of Access: 0800 6444 101.



Single Point of Access (SPA)

Health professionals and qualified referral advisors provide advice and support to residents of Hertfordshire who are experiencing mental health difficulties or crisis or who need mental health support.

SPA will offer guidance about local services and give information about self-referral if needed. It provides you or someone you care for with an initial assessment of their mental health needs, which will allow them to work together to determine what support would work best for them.

One-to-one assessments are arranged with relevant care teams both within Hertfordshire Partnership University NHS Foundation Trust (HPFT) and with other mental health organisations. This includes working with partners, such as those within the voluntary sector, to provide alternative support if HPFT mental health services aren't required.

Hertfordshire residents of all ages can access SPA at any hour of the day or night 365 days a year. Referrals can be made through GPs and other health professionals or via self-referral or carer referrals.

Call: freephone 0800 644 101 -- this number is open 24/7.

Also, anyone can connect with SPA by calling 111 and choosing option 2.



Herts Help

HertsHelp is an independent information and advice service. It is designed to give you or someone you care for who are not quite sure what they need to know access to a fully accessible single access point to help people connect with the right information advice and help. It is a welfare assistance service providing direct, practical and emotional support for residents experiencing crisis in Hertfordshire.

Call: 0300 123 4044

Email: info@hertshelp.net

Website: www.hertshelp.net/hertshelp.aspx

Make a referral using the QR code



Mind in Mid Herts

Mind in Mid Herts: has four centres – Stevenage, St Albans, Welwyn Garden City/Hatfield and Hertford. They offer wellbeing services that support recovery from mental health problems, support that might assist you or someone you care for who may be living with long term conditions to stay well and prevent relapse. Services include counselling to men/women's groups to peer support and more.

Call: 03303 208100

Email: admin@mindinmidherts.org.uk

Website: www.mindinmidherts.org.uk

Make a referral using the QR code



Herts Mind Network

Herts Mind Network delivers essential mental health support in Hertfordshire, providing a diverse range of services through seven Wellbeing Centres and other venues across all ten districts of the county. Services are available to all residents in Hertfordshire over the age of 18 and they offer dedicated services for 5-18 year olds.

Call: 02037 273600

Email: info@hertfordshiremind.org

Website: www.hertsmindnetwork.org

Visit Herts Mind Network's website to complete online form. You can also scan the QR code.



Action for Happiness

Action for Happiness strives to work with people to create a happier world by encouraging a culture that prioritises happiness and kindness.

They do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others.

Their work is underpinned by evidence-based Ten Keys to Happier Living – giving, relating, exercising, living life mindfully, learning new things, goals to look forward to, resilience, emotions (looking for what's good), acceptance (be comfortable with who you are), and meaning (being part of something bigger).

Visit Action for Happiness' website to learn more about how to join or download their app.

Website: www.actionforhappiness.org



Healthy Hubs Hertfordshire

Healthy Hubs Hertfordshire are a free one-stop shop for health and wellbeing information, advice and support. They can assist anyone who wants to lose weight, quit smoking, cut down on drinking, become more active, get money advice, feel happier, as well as many other points.

Scan the QR code to visit Healthy Hub's website to find your nearest hub

Website: www.healthyhubs.org.uk



Stay Alive

Stay Alive is a confidential suicide prevention app. The app has useful information and tools to help people stay safe in crisis. It can be used if someone is having thoughts of suicide.

Visit Stay Alive's website to learn more about signing up to create an account.

Website: www.stayalive.app



Viewpoint

Viewpoint provides opportunities for people to share their personal experiences with mental health, drug and alcohol challenges. Through programmes like poetry groups, music appreciation, and mutual support sessions people can share with their peers and actively seek solutions to potentially overcome concerns.

To learn more about Viewpoint or become a member visit their website.

Website: www.hertsviewpoint.co.uk



We're hopeful you will feel empowered to move forwards on your recovery journey with your support team walking alongside you: sharing personalised decision making and supporting you to become stronger and more confident in taking positive control of your life.

Your Team. Working Together with You.

You can also read our self-help book about depression and low mood by scanning this QR code



For additional mental health resources for adults in Hertfordshire who might find they need advice, support, help or immediate access to care, please scan this QR code.



Working together
for a healthier future

Hertfordshire Partnership University NHS Foundation Trust
works toward eliminating all forms of discrimination and
promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not
permitted anywhere on our premises.

www.hpft.nhs.uk

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