

Talk for Your Health: Emotional Support for Living with Chronic Obstructive Pulmonary Disease (COPD)

Campaign Duration: 5th October – 27th November (8 weeks)

Our 'Talk for Your Health: Emotional support for living with COPD' campaign aims to help individuals living with or recently diagnosed with COPD. These individuals often face unique challenges related to their mental health, and our campaign aims to provide them with the support and resources they need.

We recognise the emotional challenges that can accompany life with COPD and offer access to specially trained therapists who are experienced in supporting individuals dealing with the complex relationship between physical and mental health.

About us:

Hertfordshire Partnership University NHS Foundation Trust (HPFT) provides access to primary care psychological therapy services in Hertfordshire and Mid Essex through a wide range of talking therapies for adults with common mental health problems. Visit our website for more information: www.hpft-talkingtherapies.nhs.uk

Social Media dates and messages:

These suggested posts are intended for use across local community social media pages. These posts can be shared, along with the provided artwork, into your own social media channels, groups and pages.

Handles, hashtags and strapline: Please use the following key messaging in all posts:

- Talk for Your Health: Emotional Support for Living with COPD
- #TalkHealth2026

When promoting the Hertfordshire & Mid Essex Talking Therapies, Talk for Your Health campaign, please tag our social media channels:



[@HPFTTalkingTherapies](https://www.facebook.com/HPFTTalkingTherapies)



[@HPFTTalkingTherapies](https://www.instagram.com/HPFTTalkingTherapies)

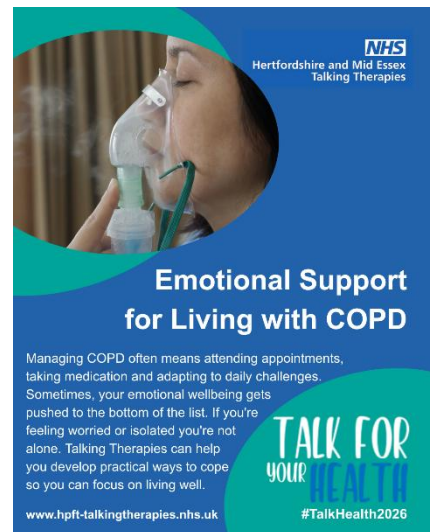
Text	Any of the following graphics
Facebook and Instagram: We're proud to support NHS Hertfordshire and Mid Essex Talking Therapies 'Talk for Your Health: Emotional Support for Living with COPD' campaign. It is common to feel overwhelmed, anxious or low in mood when living with COPD. Support from NHS Talking Therapies can help you manage your condition, make sense of how you are feeling, reduce stress, and can help improve your quality of life. Take the first step towards better mental health today: www.hpft-talkingtherapies.nhs.uk #TalkHealth2026 #COPD #NHSTalkingTherapies #LongTermConditions #Wellbeing	Talk for Your Health – COPD Image 1 
We're proud to support NHS Hertfordshire and Mid Essex Talking Therapies' 'Talk for Your Health: Emotional Support for Living with COPD' campaign. COPD can make everyday activities more challenging, and over time it can become easier to stay at home. If you're feeling lonely, anxious or disconnected, talking to someone can help. Looking after your emotional wellbeing can improve your quality of life and help you feel more connected and supported.. www.hpft-talkingtherapies.nhs.uk #TalkHealth2026 #COPD #NHSTalkingTherapies #LongTermConditions #Wellbeing	Talk for Your Health – COPD image 2 
We're proud to support NHS Hertfordshire and Mid Essex Talking Therapies' 'Talk for Your Health: Emotional Support for Living with COPD' campaign. Managing COPD often means attending appointments, taking medication and adapting to daily challenges.	Talk for Your Health – COPD Image 3

Sometimes, emotional wellbeing gets pushed to the bottom of the list.

NHS Talking Therapies can help you develop practical ways to cope, build confidence and focus on living well.

www.hpft-talkingtherapies.nhs.uk

#TalkHealth2026 #COPD #NHSTalkingTherapies
#LongTermConditions #Wellbeing



We're proud to support NHS Hertfordshire and Mid Essex Talking Therapies' 'Talk for Your Health: Emotional Support for Living with COPD' campaign.

Whether you're living with COPD, supporting a friend or family member, or caring for patients in your role, taking time to talk and listen can make a real difference.

You can refer yourself to NHS Talking Therapies or ask your GP to refer you. It's free, confidential, and could be the first step toward feeling more like yourself again.

www.hpft-talkingtherapies.nhs.uk

#TalkHealth2026 #COPD #NHSTalkingTherapies
#LongTermConditions #Wellbeing

- Talk for Your Health – COPD Image 4



Information video

If you would prefer to share our video alongside any of the suggested posts, you can use the following link: <https://youtu.be/r-wlHmHT-DM>

This video can also be embedded into your website, alongside the suggested content.

Website / Newsletter

Introduction / graphic / video

COPY and paste the below

We're proud to support NHS Hertfordshire and Mid Essex Talking Therapies 'Talk for Your Health: Emotional Support for Living with COPD' campaign.

The campaign encourages individuals struggling with stress, low mood, or anxiety related to their long term physical health condition to seek help through NHS Talking Therapies services. The theme for 2026 is: Chronic Obstructive Pulmonary Disease (COPD)

Living with COPD can bring challenges in many areas of life, and for many people, it has a real impact on their wellbeing. NHS Hertfordshire and Mid Essex Talking Therapies can help you manage your condition, make sense of how you are feeling, reduce stress, and build a life that works for you.

Take the first step towards better mental health today: www.hpft-talkingtherapies.nhs.uk