

## Winter blues and low mood – 20-minute webinar

Winter is a difficult time of year for many and low mood can make it even harder to work and function, it may be particularly difficult this year with additional pressure being felt on all services and with lots of staff also being affected by Covid19.

The Here For You team will be hosting a short 20 minute webinar on low mood to help with understanding and strategies to manage. We will be allowing 10 minutes after the presentation to talk and reflect or for anyone to ask questions. This part of the webinar will not be recorded. You can leave after 20 minutes or remain for the final part. The session will run on two dates.

This webinar is suitable for any staff member who thinks they may be struggling with low mood this winter. We will be recording this webinar and uploading the link to our website [www.hereforyou.info](http://www.hereforyou.info). Please note you DO NOT need to register to access the recorded webinar.

**Date:** 14<sup>th</sup> January 2022      **Time:** 12:00 – 12:30

Link to register: <https://www.eventbrite.co.uk/e/winter-blues-and-low-mood-20-minute-webinar-tickets-241129152787>

**Date:** 17<sup>th</sup> January 2022      **Time:** 14:00 – 14:30

Link to register: <https://www.eventbrite.co.uk/e/winter-blues-and-low-mood-20-minute-webinar-tickets-241135080517>

*A few people are experiencing problems with Internet Explorer, if this does occur, please copy and paste the Eventbrite link into Google Chrome*

[www.hereforyou.info](http://www.hereforyou.info)

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Here for you is provided by  
Hertfordshire Partnership University NHS Foundation Trust and  
Essex Partnership University NHS Foundation Trust