

# Family and Carers 'Virtual' Support Group



Are you a looking after someone who is a patient or service user of our **adult mental health services** who **self harms or experiences suicidal thoughts?**

Would you like to connect with other carers in a supportive environment to share your experiences and talk through the difficulties you may be facing?

**Come and join us on;**

**Thursday 29th October,  
11.30am-12.30pm  
Via Microsoft Teams**

**For joining details email; Di Hilson, Trust Carers'  
Lead at [Diane.Hilson@oxfordhealth.nhs.uk](mailto:Diane.Hilson@oxfordhealth.nhs.uk)  
or call 07775816646**