

Family and Carer Support Group Oxfordshire and Buckinghamshire



Have the opportunity to connect
with other family members and
carers in a supportive environment

This support group is open to anyone looking after someone who is a patient of our adult and older adult mental health services who self harms or experiences suicidal thoughts.

This is a safe space for family members or carers to meet, chat, talk through any difficulties you may be facing and share experiences if comfortable to do so.

Sessions will take place online using Microsoft Teams.

If you feel apprehensive about joining a group, have a chat to us first. Contact details opposite.

The group takes place on the third Thursday of every month: 17th Dec 2020, 21st Jan 2021, 18th Feb, 18th Mar, 15th Apr, 20th May.

Time: **6pm – 7pm**

To join a group or to find out more information please contact;

Di Hilson, Carer Involvement Lead at
Diane.Hilson@oxfordhealth.nhs.uk or on
07775816646