

Caring and You Family, Friends and Carers' Support Group

This is a safe and supportive space to come and chat with other family members, friends or carers.

Guest speakers will be invited to attend to talk about topics you would like to hear about.

Groups will take place on Friday 15th January, 19th February and 19th March at 1pm to 2.30pm.

For more information or joining details for this group contact Di Hilson, Carer Involvement Lead at Diane.Hilson@oxfordhealth.nhs.uk or call on 07775 816646.

I Care, You Care Webpages

To find out about other information, advice and support for you in your caring role please visit the Oxford Health NHS carers webpages at;

<https://www.oxfordhealth.nhs.uk/carers/>

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at:

EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على

المعلومات بلغة أخرى أو بتسوية مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے

ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，
請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym
formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações
noutro idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road
Oxford
OX4 4XN

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

Become a member of our Foundation Trust
www.ohftnhs.uk/membership

NHS

Oxford Health
NHS Foundation Trust



Oxfordshire Adult and Older
Adult Mental Health Services

Online workshops for
Carers, Family &
Friends

2.5 hour seminars held online via
Microsoft Teams, free of charge

2021



Understanding Suicidal Thoughts and Self Harm Behaviours

Wednesday 20th January 2021

10.00 am to 12.30 pm

Facilitator: Karen Lascelles, Nurse Consultant

Self-harm does not inevitably lead to an act of suicide but people who self-harm may also struggle with suicidal thoughts. This session will seek to explain the differences and links between self-harm and thoughts of suicide and offer strategies for dealing with both.

If you are experiencing suicidal thoughts yourself we do not advise attendance at this session but urge you to seek support from your GP, mental health team or via the Mental Health Helpline 0800 783 0119

Understanding Anxiety

Thursday 25th February 2021

10.00 am to 12.30 pm

Facilitator: TalkingSpace Plus

Anxiety is a common mental health problem. But what is anxiety? Why does this occur? When is it 'normal' to be anxious? And when do we consider anxiety to be a mental health condition? A chance to answer these questions and develop some ways to manage anxiety.

Understanding & supporting people with personality disorders

Wednesday 21st April 2021

10.00 am to 12.30 pm

Facilitator: Dan Graham, Clinical Specialist, Complex Needs Service

This workshop aims to provide an overview of 'personality disorders', exploring the underlying causes and the subsequent complex emotional difficulties which may contribute towards a diagnosis of a personality disorder.

The latter half of the workshop will focus upon strategies and tips for friends and family members who are supporting someone who has a diagnosis of a personality disorder.

Understanding Depression

Thursday 27th May 2021

10.00 am to 12.30 pm

Facilitator: TalkingSpace Plus

We all feel low from time to time. But what is Depression? How is this different from low moods? And why is depression so common in our society? We take a look at how professionals view depression and what we can do to prevent it from occurring and how to manage it when it is present.



Terms and Conditions

Due to Covid-19 government restrictions, carers' workshops will be held online using Microsoft Teams. Sessions are held in the morning from 10.00 am to 12.30pm and are free of charge.

There will be time allocated for breaks during the workshop.

Applications and Booking System

These workshops are provided for carers of service users who are currently under the care of our Oxfordshire Mental Health Teams.

Places are limited. If we are unable to offer you a place we will add you to the waiting list and contact you nearer the time to advise if one becomes available.

You can apply by emailing Diane.Hilson@oxfordhealth.nhs.uk with your name, telephone number and the course/s you would like to attend. Written email confirmation will be sent to you with joining instructions for the online session(s) you wish to attend.

In the event that you cannot attend please call or email Di Hilson as soon as possible so that your place can be allocated to someone on the waiting list.