



Oxford Health
NHS Foundation Trust



For family, friends and carers

Oxfordshire Adult and Older Adult Mental Health Services

Visit us at: <https://www.oxfordhealth.nhs.uk/carers/>

Oxford Health NHS Foundation Trust—Caring, safe and excellent

These groups and workshops are specifically for people who look after someone who is currently under the care of our Oxfordshire mental health services.

Oxfordshire Virtual Family and Carers' Workshop

Free 2.5 hour seminars on a range of mental health topics. These workshops aim to help you get a better understanding of the mental health condition your loved one has and to help support you in your caring role. The next 4 workshops are;

- understanding and supporting someone with a drug and alcohol addiction on Wednesday 21st July 2021 at 10am
- understanding and supporting someone who self harms or has suicidal thoughts: Thurs 2nd September at 10am
- understanding and supporting someone with dementia on Thurs 7th October at 10am

Oxfordshire Carers Open Space—Virtual Family and Carers' Support Group

This group will offer a safe and supportive space for you to come and chat with other family members, friends or carers.

Coming Soon

Family and Carer Support Group specifically for people looking after someone affected by self harm or suicidal thoughts

Come along to connect with other carers who are in similar situations. The group will provide a supportive environment to share your experiences and talk through any difficulties you may be facing.

Dates are; Thursdays, 15th Jul, 19th Aug, 16 Sept, 21 Oct, 18 Nov, 16 Dec

Time: 6pm—7pm

For more information or to book a place at any of these groups or workshops please contact Diane.Hilson@oxfordhealth.nhs.uk or call 07775816646

Can we help?

If you feel apprehensive about joining a group and this is something new to you, call us for a reassuring chat first.

Family and Carer Befriending Line



If you are feeling lonely, have a friendly chat with someone who can listen to you and try help you get through.

Find out about the help and support that is available to you as a carer.

Call our dedicated line for family, friends and carers anytime and one of our volunteers will call you back between 11am-12pm, Monday to Friday.

Call 01865 901012

TalkingSpace Plus

TalkingSpace Plus is a service for any person experiencing anxiety, stress or low mood who is registered with an NHS Oxfordshire GP. Find out more at

www.oxfordhealth.nhs.uk/talkingspaceplus or call 01865 901222

Oxford Health Mental Health Helpline

24/7 helpline for people in Oxfordshire to get the right advice they need for their mental health and emotional wellbeing. As a family member, friend or carer you can call this line if you are worried about someone.

Adults , Children & Young People: Call NHS 111
All calls are free

A Carer's Assessment

As a carer you are entitled to a carer's assessment. This is a discussion about your caring role and how it affects your life and your wellbeing. It can help you become more aware of the help and support available to you. Speak to your loved one's care coordinator or mental health team about how to get an assessment, or alternatively contact icareyoucare@oxfordhealth.nhs.uk

Oxfordshire Recovery College

Oxfordshire Recovery College delivers free courses and workshops on mental health and wellbeing to adults across Oxfordshire. Our courses are designed for anyone who has struggled with their mental health, as well as carers, family and friends of anyone struggling with a mental health issue. We all learn together and support each other. On all our courses at least one of our tutors has their own experience of managing mental health issues, or of caring for someone else struggling.

We offer a new online course **Introduction to the Caring Role**. Carers are also welcome on all our other courses, which include **Creative Writing, Boosting Confidence and Healthy Sleep**.

Give us a call on 01865 779 613 or take a look at our course dates on our website, where you can also enrol as a student: <https://oxfordshirerecoverycollege.org.uk/>

Rethink Mental Illness

Rethink Mental Illness provides emotional and practical support to unpaid mental health carers.

If you are caring and supporting somebody with a mental illness, we can help and support you. We offer;

- One to One support
- Virtual monthly support Groups
- Online Training

How can you access our Carer Support service?

Our referral process is very simple and takes approximately 15 mins, most referrals are completed by telephone where we will take some very basic details about you and your current situation and the person you are caring for.

Give us a call on 01865 904499

or email oxfordshirecarers@rethink.org

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسبيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu 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 noutra idioma ou num formato diferente.

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