



## Oxfordshire Carers Open Space

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

**Dates are Wednesdays; 19th Jan 2022, 16th Feb, 16th Mar, 20th Apr and 18 May**

For more information contact Di Hilson, Carer Involvement Lead at [Diane.Hilson@oxfordhealth.nhs.uk](mailto: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](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسوية 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 noutro idioma ou num formato diferente.

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**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

2022

## **Understanding and supporting someone with depression**

**Wednesday 12th January 2022**

**10.00am to 12.30pm**

**Facilitators: 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.

## **Understanding and supporting someone who self harms or has suicidal thoughts**

**Thursday 10th March 2022**

**10.00 am to 12.30 pm**

**Facilitators: Karen Lascelles, Nurse Consultant and a Mental Health Carer**

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 and supporting someone with anxiety**

**Thursday 28th April 2022**

**10.00am to 12.30pm**

**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.

## **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](mailto: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.

