



**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' Workshops for 2022**

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 anxiety on Thurs 28th April at 10am
- understanding and supporting someone with bipolar on Thursday 26 May at 10am
- How to listen and respond to conflict with people we care for —motivational interviewing, on Thursday 30th June at 10am

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

Take some time out to meet new people, enjoy friendly conversations and find support from others.

Dates are; Wednesdays, 19th Jan 2022, 16th Feb, 16th Mar, 20th Apr, 18th May, 15th June, 20th Jul, 17th Aug, 21st Sept, 19th Oct, and 16th Nov at 11am-12.30pm via Microsoft Teams

## **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, 20th Jan 2022, 17th Feb, 17th Mar, 21st Apr, 19th May, 16th Jun, 21 Jul, 18th Aug, 15th Sept, 20th Oct and 17th Nov at 6pm—7pm via Microsoft Teams

**For more information or to book a place at any of these groups or workshops please contact [Diane.Hilson@oxfordhealth.nhs.uk](mailto: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 Support 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](http://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](mailto: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 an online course **Introduction to the Caring Role**. Carers are also welcome on all our other courses, which include **5 ways to wellbeing, art workshop and finding your pathway through services**

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](mailto: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](mailto: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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