



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 2023

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 series of workshops are;

- Understanding and supporting someone with Psychosis on Wednesday 18th January at 10am—12.30pm
- Understanding and supporting someone with Bipolar on Thursday 9th February at 10am—12.30pm
- Understanding and supporting someone who self harms or has suicidal thoughts on Thursday 9th March at 10am -12.30pm
- Understanding and supporting someone with Personality Disorder on Wednesday 26th April at 10am—12.30pm

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, 11th Jan 2023, 15th Feb, 15th Mar, 19th Apr, 17th May and 21st Jun 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, 19th Jan 2023, 16th Feb, 16th Mar, 20th Apr, 18th May and 15th Jun at 6pm—7pm via Microsoft Teams

For more information or to book a place at any of these groups or workshops please contact Di Hilson, Trust Carers Lead, 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 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

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

Carers Oxfordshire

We provide support and information to unpaid carers. If you are 18 or older and care for someone who lives in Oxfordshire we can help.

Carers Oxfordshire is a partnership between the charities Action for Carers Oxfordshire and Rethink Mental Illness. We are commissioned by Oxfordshire Health and Social Care, and work closely with them to provide support. Our team lives in Oxfordshire and are familiar with the area you live in. Many of our staff have experience of unpaid caring, therefore we understand the highs and lows of caring. We know that caring can be stressful, while also being incredibly fulfilling and rewarding.

Website: www.carersoxfordshire.org.uk

Email: carersinfo@carersoxfordshire.org.uk

Call: 01235 424715

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 can include **nurturing hope, relationships and mental health, 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/>

Your Feedback

Your feedback is incredibly valuable to us as it enables us to continually develop and improve our services. We want to hear about your experiences of accessing our services with your relative or friend. We have several mechanisms in place to capture your feedback, you can access our family and carer survey via the link or QR code below, or you can ask for a paper survey from the service your relative is accessing.

<https://online.iwantgreatcare.org/s/OXHCarer/>



We would like to encourage you to share your feedback, concerns or issues with us at any time and this can be done directly to any member of staff.

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.

Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road
Littlemore
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