

Oxfordshire IAPT Service

TalkingSpace PLUS

Overcoming Anxiety & Depression Together



01865 901 222

www.oxfordhealth.nhs.uk/talkingspaceplus



Free NHS talking therapies for people over 18 living in Oxfordshire

We offer a range of FREE talking therapies across Oxfordshire. We are part of the NHS and offer services to patients registered with an Oxfordshire GP.

Anxiety and depression affects anyone from all backgrounds. Equality is at the heart of what we do at TalkingSpace Plus. We want anyone who contacts us for support to be able to receive the help they need. We work hard to make sure what we offer responds to each person's own needs relating to religion, language and culture. We strongly believe that nothing should be a barrier to receiving our support.

TalkingSpace Plus
is easy to
access

No need to ask your GP - Refer yourself

To book an appointment, you can go online or phone us. We will ask you about your current situation and how it is affecting you. We can use interpreting services if your first language is not English.

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 بتسيق 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.