



Oxford Health
NHS Foundation Trust

Oxfordshire IAPT Service

TalkingSpace PLUS

Overcoming Anxiety & Depression Together

**Feeling low?
Anxious? Stressed?**

**We can help you -
let's start talking.**

01865 901 222

www.oxfordhealth.nhs.uk/talkingspaceplus



Free NHS talking therapies for people in Oxfordshire

Talking therapies that really work

1 in 4 people in the UK will experience a mental health problem each year. We can offer a range of talking therapies and wellbeing activities that can help with stress, anxiety and depression we also offer employment support to help you stay in work or return to work.

TalkingSpace Plus is a free, confidential NHS service available to anyone over the age of 18, registered with a GP in Oxfordshire offering talking therapies to over 14,000 people each year.

We help people experiencing common conditions including stress, anxiety and depression. Our staff are also specially trained to help people living with long term physical health conditions, such as heart disease, diabetes, chronic obstructive pulmonary disease (COPD) and persistent physical health conditions. This may be important to you as people living with long term physical health condition you are two to three times more likely to experience stress, anxiety and depression.

More information about talking therapies, wellbeing activities and employment support can be found on our website:

 www.oxfordhealth.nhs.uk/

No need to ask your GP - Refer yourself

To book an appointment, you can do this online or by telephone. We also accept referrals from your GP and other healthcare professionals.

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We will need some basic contact information, including your name, address, date of birth, NHS number and contact number(s).

If you self-refer via online we will usually contact you within two working days to arrange a telephone appointment.

**TalkingSpace Plus
is easy to
access**

What to expect from your first telephone appointment

We will ask you about your current situation and how it is affecting you.
We will explain the different types of therapy and wellbeing activities we offer.
Together we will decide how TalkingSpace Plus can best help you.



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.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** 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.

Let's start talking...

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for better mental health
Oxfordshire


PML
PRINCIPAL
MEDICAL