

It's Time to Talk

“Let’s talk. We’re here to help” is the message from Healthy Minds, Buckinghamshire, and TalkingSpace Plus, Oxfordshire, amid the nation’s biggest mental health conversation #TimeToTalk Day.

Conversations have the power to change lives.

That’s why, as part of TimeToTalk Day, people are being encouraged to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

Talking therapy services Healthy Minds, in Buckinghamshire, and TalkingSpace Plus, in Oxfordshire, are IAPT (Improved Access to Psychological Therapy) services provided by Oxford Health NHS Foundation Trust.

Both are urging people to reach out for support if they need it.

Deputy clinical lead consultant and cognitive behavioural therapist for Healthy Minds, Josef Landsberg said: “For many people taking that first step to talk to someone about your emotional problems might feel impossible. We may look for all sorts of reasons why it would not work and then convince ourselves to just ‘soldier on’. However, this can come at a huge emotional cost.

“We know that the need for emotional support is far greater since the start of the pandemic. We have worked relentlessly at making it as easy as possible to take that first step to talk to someone by expanding our workforce, and like so many services, adapting our interventions to be delivered online for those people who cannot attend face to face.”

Healthy Minds and TalkingSpace Plus both offer treatment and support to adults experiencing anxiety, depression and low mood. In addition, they both also offer specific treatment to support people with their mental health when they have a long-term physical health condition.

Dr Heather Salt, consultant clinical psychologist and lead for long term health conditions in TalkingSpace Plus, said: “We see many people with emotional distress linked to their health problems such as cardiac and respiratory disease, diabetes and, more recently long covid. We offer support and strategies to help people cope with the difficulties they may experience as a result of their long term physical health condition and emotional distress. We can link with their medical teams for joined up care, helping them to manage their stress, worry and low mood.”

To find out more or to self-refer to Healthy Minds in Buckinghamshire visit the [website](#) , text TALK and your name to 07798 667169 or call 01965 901600.

To find our more or to self-refer to [TalkingSpace Plus](#) in Oxfordshire visit the website or call 01865 901 222.

One of the Time to Talk Day missions is to change this stigma and encourage everyone to be more open: talking, listening and changing lives through conversation.

Getting involved in Time to Talk Day 2022 is easy and the suggestions are:

1. Have a conversation about mental health, with a friend, family member or anyone.
2. Tell your story online. It's amazing that your own experience could help hundreds, maybe even thousands, of others.
3. Challenge mental health stigmas in media and the bad coverage it sometimes gets.
4. Learn more about mental health problems and how you can help the people in your life who may face them.
5. Volunteer with or donate to a mental health charity.

Time to Talk Day is a campaign by Mind, Rethink Mental Health and Coo-op, supported by our local partners Oxfordshire Mind, which with Oxford Health is a member of Oxfordshire Mental Health Partnership, and Buckinghamshire Mind.