



**Oxford Health**  
NHS Foundation Trust

Oxfordshire IAPT Service

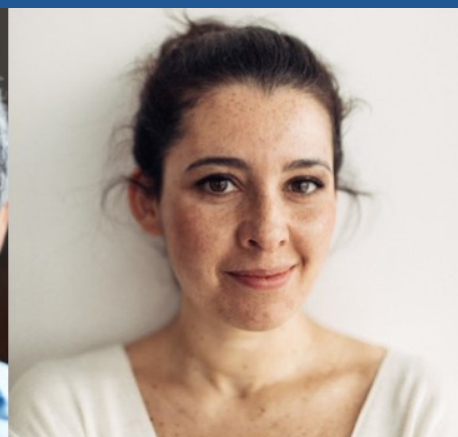


Overcoming Anxiety & Depression Together

# Professionals Open Afternoons

To find out when the next event is scheduled to run go  
to: [https://www.oxfordhealth.nhs.uk/  
talkingspaceplus/professionals/open-afternoon/](https://www.oxfordhealth.nhs.uk/talkingspaceplus/professionals/open-afternoon/)

To sign up to attend, please  
email [talkingspaceplus@oxfordhealth.nhs.uk](mailto:talkingspaceplus@oxfordhealth.nhs.uk) or call  
01865 901222



Free NHS talking therapies for people in Oxfordshire

# Get to know us better

**Do you work with people and communities?**

**Would you like to know how to signpost people to local NHS mental health support?**

TalkingSpace Plus runs regular open events for professionals from all backgrounds and disciplines. It's an opportunity to learn about local NHS talking therapy and how you can best support and signpost people who would benefit from treatment.

The two-hour sessions are held via Microsoft Teams and are a chance to meet TalkingSpace Plus colleagues, find out more and ask questions.

All professional backgrounds are welcome e.g.:

Emergency services

GPs and health professionals

Third sector colleagues

Schools and education

Community groups and clubs

