



# Oxfordshire Talking Therapies



01865 901 222

[www.oxon-talking-therapies.nhs.uk](http://www.oxon-talking-therapies.nhs.uk)



Free NHS talking therapies for people living in Oxfordshire



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

Worry and low mood can affect anyone from different backgrounds, cultures and religions. At NHS Oxfordshire Talking Therapies we want everyone who contacts us to be able to receive the help they need at the right time. We strongly believe that nothing should be a barrier to receiving support to improve your mental wellbeing.

NHS Oxfordshire Talking Therapies 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.

## **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](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)**

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق 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.



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