



# Oxfordshire Talking Therapies

Feeling out of sorts,  
worried or fed up?

We can help you -  
let's start talking.

01865 901 222

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



**Free NHS talking therapies for older people**



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

# Talking therapies that really work

**Problems with mental health are a lot more common than you might think.**

**One in four of us live with them.**

**So if you're feeling out of sorts, don't think you're alone.**

You may be living with a physical health condition and your health may be getting worse or you may have recently received a diagnosis. This may affect what you do and how you feel.

A talking therapy involves talking to someone who is specially trained to help manage your thoughts and feelings and the effect they have on your behaviour and mood.

Talking therapies are proven to work – and they can work particularly well for people who are older. Even if you've tried them before and weren't sure, you can give talking therapies another go.

## No need to ask your GP - Refer yourself

To book an appointment, you can call or do it online.

We also accept referrals from your GP and other health professionals.



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

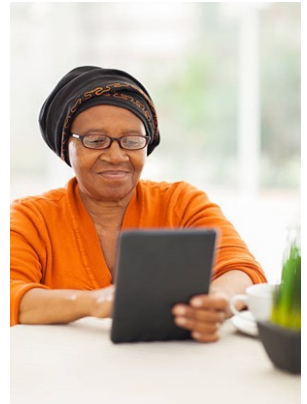
If you refer yourself via our website, we will usually contact you within two working days to arrange a telephone appointment.

### 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.



**for anxiety and depression**

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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 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...



**01865 901 222**



**[www.oxfordhealth.nhs.uk/talkingspaceplus](http://www.oxfordhealth.nhs.uk/talkingspaceplus)**



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