



Oxfordshire Carers Open Space

This group offers a safe and supportive space for you to come and chat with other family members, friends or carers.

Dates are Wednesdays; 17th Jan, 21st Feb, 20th Mar, 17th Apr, 15th May, 19th Jun, 17th Jul, 21st Aug, 18th Sept, 16th Oct and 20th Nov via Microsoft Teams.

For more information email icareyoucare@oxfordhealth.nhs.uk or call Di Hilson, Carers Lead on 07775 816646.

I Care, You Care Webpages

To find out about other information, advice and support for you in your caring role please visit the Oxford Health NHS carers webpages at;

<https://www.oxfordhealth.nhs.uk/carers/>

Please contact us if you would like the information in another language or different format.

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 براہے 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 noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
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Warneford Hospital, Warneford Lane
Oxford OX3 7JX

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

NHS

Oxford Health
NHS Foundation Trust



Oxfordshire Adult and Older
Adult Mental Health Services

Online workshops for
Carers, Family &
Friends

2.5 hour seminars held online via
Microsoft Teams, free of charge

Jun—Sept 2024

Understanding and Supporting Someone with OCD (Obsessive Compulsive Disorder)

Tuesday 18th June 2024

10.00am to 12.30pm

Facilitators; Sam French, Senior Clinical Psychologist

This workshop will think about what OCD is, how it can develop and the kind of things that keep it going. We will cover what treatment for OCD consists of, common challenges for loved ones, and what family members and friends can do to support and empower individuals with OCD. We will also have some space to think about looking after yourself and your relationship. There will be time given throughout the session to ask questions and discuss the topics raised. There will also be signposting to relevant resources to help support people with OCD and their loved ones.

Understanding and supporting someone who self harms or has suicidal thoughts

Thursday 25th July 2024

10.00am to 12.30pm

Facilitator: Karen Lascelles, Nurse Consultant and a mental health carer

Self-harm does not inevitably lead to an act of suicide but people who self-harm may also struggle with suicidal thoughts. This session will seek to explain the differences and links between self-harm and thoughts of suicide and offer strategies for dealing with both.

If you are experiencing suicidal thoughts yourself we do not advise attendance at this

session but urge you to seek support from your GP, mental health team or via the Mental Health Helpline 0800 783 0119

Medication for Mental Health
Thursday 19th September 2024

10.00am to 12.30pm

Facilitator: Louisa Rowlands, Pharmacist

This session will explore why and when medication is used in mental health, the types of medication used, the benefits, the side effects and how to manage these. There will be plenty of time for questions or discussion.

For information:

This is a rolling programme of workshops so please do keep a look out for other mental health topics that we cover including, bipolar, anxiety, depression and more. The programme can be found on the Oxford Health carers webpages along with other support for carers.

<https://www.oxfordhealth.nhs.uk/carers/>

To book a place

These workshops are provided for carers of service users who are currently under the care of our Oxfordshire Mental Health Teams.

Places are free of charge and are limited. If we are unable to offer you a place we will add you to the waiting list and contact you nearer the time to advise if one becomes available.

You can apply by emailing icareyoucare@oxfordhealth.nhs.uk or call Di Hilson, Carers Lead on 07775816646. Written email confirmation will be sent to you with joining instructions for the online session(s) you wish to attend.

In the event that you cannot attend please contact us as soon as possible so that your place can be allocated to someone on the waiting list.