



Oxford Health
NHS Foundation Trust



For family, friends and carers

Buckinghamshire Adult and Older Adult Mental Health Services

September—December 2025

Visit us at: <https://www.oxfordhealth.nhs.uk/carers/>

Oxford Health NHS Foundation Trust—Caring, safe and excellent

Oxford Health NHS groups and workshops are specifically for people who care for or support someone who is currently under the care of our Buckinghamshire adult and older adult mental health services.

Carers' Workshops for 2025—via MS Teams

Free 2.5 hour seminars on a range of mental health topics. These workshops aim to help you get a better understanding of the mental health condition your relative has and to help support you in your caring role. All workshops begin at 10.00am to 12.30pm.

Understanding and Supporting Someone who self harms and/or has suicidal thoughts on Thursday 18th September 2025

Understanding Social Care Assessment on Thursday 9th October 2025

Understanding and Supporting Someone with Depression on Thursday 23rd October 2025

Understanding and Supporting Someone with Autism on Thursday 13th November 2025

Understanding and Supporting Someone with Anxiety on Thursday 20th November 2025

Understanding and Supporting Someone with Psychosis on Thursday 4th December 2025

Bucks Family and Carers' Support Group

This is a safe space for family members or carers to listen, ask and share. This group takes place online and in person.

Dates are Wednesdays 11am –12.30 pm; 29th Jan, 26th Feb, 26th Mar, 30th Apr, 28th May, 25th Jun, 30th Jul, 27th Aug, 24th Sep, 29th Oct, 26th Nov and 17th Dec
(online groups are via MS Teams).

Family and Carers' Support Group- specifically for people caring or supporting someone affected by self harm and/or suicidal thoughts

Come along to connect with other carers who are in similar situations. The group will provide a supportive environment to share, listen, ask and talk through any difficulties you may be facing. This group takes place online and in person.

Dates are Thursdays 6—7 pm; 16th Jan, 20th Feb, 20th Mar, 17th Apr, 15th May, 19th Jun, 17th Jul, 21st Aug, 18th Sep, 16th Oct, 20th Nov and 18 Dec
(online groups are via MS Teams)

Book a place/Find out more

To find out more or to book a place on a workshop or support group please email icareyoucare@oxfordhealth.nhs.uk or call 07824 103370

Check with the service

Additionally, the service you are accessing with your relative may offer a support group, forum or workshop so do get in contact with a member of the team to find out. Alternatively contact icareyoucare@oxfordhealth.nhs.uk and we can advise on this.

Buckinghamshire Talking Therapies

Buckinghamshire Talking Therapies is a service for any person experiencing worry, anxiety, stress or low mood who is registered with an NHS Buckinghamshire GP. In your caring role you may need some extra support. Find out more at <https://www.oxfordhealth.nhs.uk/healthyminds/> call 01865 901600 or text TALK and your name to 07798 667169.

24/7 Mental Health Helpline

Helpline for people in Buckinghamshire to get the right advice they need for their mental health and emotional wellbeing. As a family member, friend or carer you can call this line if you are worried about someone.

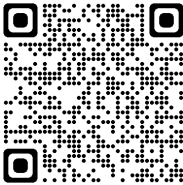
Adults , Children & Young People: **Call NHS 111**
All calls are free

Family, Friends and Carers Handbook for over 18's Mental Health Services



For information, advice and guidance to support you in your caring role. The handbook can be accessed via the link or QR code below or alternatively ask the care team for a copy.

www.oxfordhealth.nhs.uk/carers/handbook/



Scan the QR code to access the handbook,

Buckinghamshire Recovery College

Buckinghamshire Recovery College provides free, educational courses for the family, friends and carers of service users of Oxford Health. Courses help to build up resilience, skills and confidence. Carers can often experience a sense of isolation and lose their personal identity, becoming a student can help break this pattern. Allowing yourself some 'me time' and learning something new can be really rewarding.

To find out more about the courses offered visit [Buckinghamshire Recovery College | Oxford Health NHS Foundation Trust-Buckinghamshire Recovery College](#) or call 01865 901515 / 07584150653

Carers Bucks/Young Carers Bucks

Carers Bucks is here for you. Young Carers Bucks is here for young people aged 5 to 16 years old.

Are you looking after someone who cannot manage without you?

We offer information, advice, guidance, emotional support and a listening ear.

New carers are always welcome.

Find out about our carers support groups too.

Call Carers Bucks/Young Carers Bucks on 0300 777 2722

Email; mail@carersbucks.org

Or visit <https://carersbucks.org/>

A Carer's Assessment

As a carer you are entitled to a carer's assessment. This is a discussion about your caring role and how it affects your life and your wellbeing. It can help you become more aware of the help and support available to you. Young carers can have an assessment too. Speak to your loved one's mental health team about having an assessment. You can find out more here; [Support and benefits for carers - NHS \(www.nhs.uk\)](https://www.nhs.uk) or email icareyoucare@oxfordhealth.nhs.uk where someone can help you.

Your Feedback

Your feedback is incredibly valuable to us as it enables us to continually develop and improve our services. We want to hear about your experiences of accessing our services with your relative or friend. We have several mechanisms in place to capture your feedback, you can access our family and carer survey via the link or QR code below, or you can ask for a paper survey from the service your relative is accessing.

<https://www.iwantgreatcare.org/trusts/oxford-health-nhs-foundation-trust> - scroll down to carer, family or friend survey on the list and then select the service you are accessing with your relative.



We would like to encourage you to share your feedback, concerns or issues with us at any time and this can be done directly to any member of staff.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: 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 innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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