



Oxford Health
NHS Foundation Trust



For family, friends and carers

Oxfordshire Adult and Older Adult Mental Health Services

July - December 2025

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

Oxford Health NHS Foundation Trust—Caring, safe and excellent

Oxford Health groups and workshops are specifically for people who care for or support someone who is currently under the care of our Oxfordshire , Bath & NE Somerset, Swindon and Wiltshire 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

Carers Open Space

This provides an opportunity to take some time out from your caring role, it offers a safe space for carers and family members to listen, ask and share. This group takes place online.

Dates are Wednesdays; 11am –12.30 pm; 15th Jan, 19th Feb, 19th Mar, 16th Apr, 21st May, 18th Jun, 16th Jul, 20h Aug 17th Sep, 15th Oct, 19th Nov and 17th Dec

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

Book a place/Find out more

To book a place or find out more about a workshop or support group email icareyoucare@oxfordhealth.nhs.uk or call Diane on 07775816646

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.

Oxfordshire Talking Therapies

Oxfordshire Talking Therapies is a service for any person experiencing anxiety, stress or low mood who is registered with an NHS Oxfordshire GP. Find out more at

www.oxfordhealth.nhs.uk/talkingspaceplus or call 01865 901222

Oxford Health Mental Health Helpline

24/7 helpline for people in Oxfordshire 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

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. Speak to your relative's key worker or mental health team about how to get an assessment, or alternatively contact icareyoucare@oxfordhealth.nhs.uk

Rethink Mental Illness

Rethink Mental Illness provides emotional and practical support to unpaid mental health carers.

If you are caring and supporting somebody with a mental illness, we can help and support you. We offer;

- One to One support
- Monthly support groups
- Online Training

How can you access our Carer Support service?

Our referral process is very simple and takes approximately 15 mins, most referrals are completed by telephone where we will take some very basic details about you and your current situation and the person you are caring for.

Give us a call on 01865 904499

or email oxfordshirecarers@rethink.org

Carers Oxfordshire

We provide support and information to unpaid carers. If you are 18 or older and care for someone who lives in Oxfordshire we can help.

Carers Oxfordshire is a partnership between the charities Action for Carers Oxfordshire and Rethink Mental Illness. We are commissioned by Oxfordshire Health and Social Care, and work closely with them to provide support. Our team lives in Oxfordshire and are familiar with the area you live in. Many of our staff have experience of unpaid caring, therefore we understand the highs and lows of caring. We know that caring can be stressful, while also being incredibly fulfilling and rewarding.

Website: www.carersoxfordshire.org.uk

Email: carersinfo@carersoxfordshire.org.uk

Call: 01235 424715

Oxfordshire Recovery College

Oxfordshire Recovery College delivers free courses and workshops on mental health and wellbeing to adults across Oxfordshire. Our courses are designed for anyone who has struggled with their mental health, as well as carers, family and friends of anyone struggling with a mental health issue. We all learn together and support each other. On all our courses at least one of our tutors has their own experience of managing mental health issues, or of caring for someone else struggling.

Carers are welcome on all our other courses.

Give us a call on 01865 779 613 or take a look at our course dates on our website, where you can also enrol as a student: <https://oxfordshirerecoverycollege.org.uk/>

Oxford Health NHS 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,

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 بتسبيق 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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