



Oxfordshire Talking Therapies

Feeling low?
Anxious? Stressed?

We can help you –
let's start talking.

FREE NHS Service

01865 901 222

www.oxon-talking-therapies.nhs.uk



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

Talking Therapies that really work

1 in 4 people in the UK will experience a mental health problem each year. We can offer a range of talking therapies that can help with stress, anxiety and depression. NHS Oxfordshire Talking Therapies is your local NHS service offering tried and tested therapies for all the problems above. Anyone aged 18 or over registered with an Oxfordshire GP can access the service. We help people experiencing common conditions such as:

- **Generalised anxiety**
- **Depression**
- **PTSD**
- **OCD**
- **Social anxiety**
- **Health anxiety**
- **Phobias**
- **Body dysmorphia**

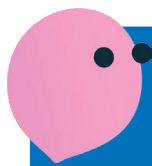
Our staff are specially trained to help with long-term physical health conditions and can help with employment difficulties as well. This may be important to you, as people living with a long-term physical health condition are more likely to experience stress, anxiety and depression.



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Let our friendly chatbot, 'Limbic', help you refer yourself & book you into your initial assessment appointment within 5 working days.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk



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