



Oxfordshire Talking Therapies

Feeling out of sorts,
worried or fed up?

We can help you -
let's start talking.

01865 901 222

www.oxfordhealth.nhs.uk/oxon-talking-therapies/



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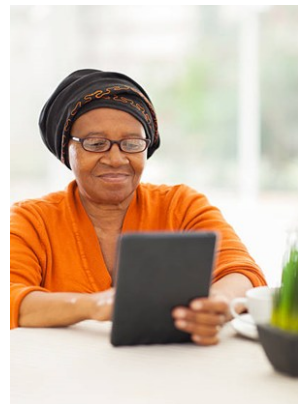
We will need some basic contact information, including your name, address, date of birth, and contact number(s).

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 NHS Oxfordshire Talking Therapies 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

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق 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 noutra idioma ou num formato diferente.

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