

# Our little book of services 2024-2025

Providing an overview of all of our  
services available to you

# Information Service

## This might be helpful if you...

- need support for your, or someone else's mental wellbeing
- want information about services available locally
- are interested in using our services
- need advice about welfare benefits and mental health

## Is less likely to help if you...

- need face to face support today

## 5 ways to wellbeing this might meet...

- Connect
- Keep Learning



**01865 247788**



**info@oxfordshiremind.org.uk**



**07451 277973**



# 1:1 Support for Children and Young People

## This might be helpful if you...

- are aged between 7-17 years old
- have a trusted adult to support your mental health and wellbeing goals
- are willing to talk about how you have been feeling
- are able to attend your registered GP Practice

## Is less likely to help if you...

- don't feel comfortable coming to your GP Practice
- are aged 0-6 years old

For information about wider CYP & Families support within Oxfordshire Mind and locally contact [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)

For professional enquiries please contact [cyp@oxfordshiremind.org.uk](mailto:cyp@oxfordshiremind.org.uk)

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# Peer Support Groups

## This might be helpful if you...

- are feeling isolated
- would like share space with people with similar experiences
- want to take part in gentle activities that might help your wellbeing

## Is less likely to help if you...

- want 1:1 support
- wouldn't consider trying a group session at the moment

## 5 ways to wellbeing this might meet...

- Connect
- Be Active
- Keep Learning
- Take Notice



**Call to find out more - 01865 247888**



**Email to find out more - [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)**



# Safe Haven

## This might be helpful if you...

- are struggling to cope
- need support today
- need support to keep yourself safe
- want a safe, supportive environment to work through mental health crisis

## Is less likely to help if...

- are seeking a regular support group to join
- are under the age of 18
- need support to keep yourself safe
- have harmed yourself or taken an overdose at the point of contacting us

## 5 ways to wellbeing this might meet...

- **Connect**
- **Take Notice**
- **Keep Learning**



**01865 903 037**

**Open: 12pm- 9.30 pm, 7 days a week**



**osh@oxfordshiremind.org.uk**



# Educational and Coping Skills Courses

## This might be helpful if you...

- want to learn tools to improve your wellbeing
- enjoy learning as part of a group

## Is less likely to help if you...

- want 1:1 support
- wouldn't consider trying a group session at the moment
- would prefer less structured support at the moment

## 5 ways to wellbeing this might meet...

- Connect
- Take Notice
- Keep Learning
- Give

Managing Strong Emotions

Exploring Self-Esteem

Managing Stress

Assertive Communication Skills

5 Ways to Wellbeing



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# Primary Care Social Prescribing Service

## This might be helpful if you...

- would like help to understand how you could support your own wellbeing
- would like to know more about services, groups and support in your local area, as well as further afield
- would like structured one to one support over 6 sessions
- would like to access support close to home at your GP practice
- are experiencing issues affecting your wellbeing in any capacity
- would like more time than a GP can offer to support you

## Is less likely to help if you...

- are in immediate crisis
- need support with a physical issue
- need a clinical intervention, such as a fit note or medication
- are looking for a medical diagnosis



## 5 ways to wellbeing this might meet...

- **Connect**
- **Take Notice**
- **Keep Learning**



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**How to access: Via your GP Surgery**

Oxfordshire  mind

**We're here to make sure anyone  
with a mental health problem has  
somewhere to turn to for  
advice and support**

[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)