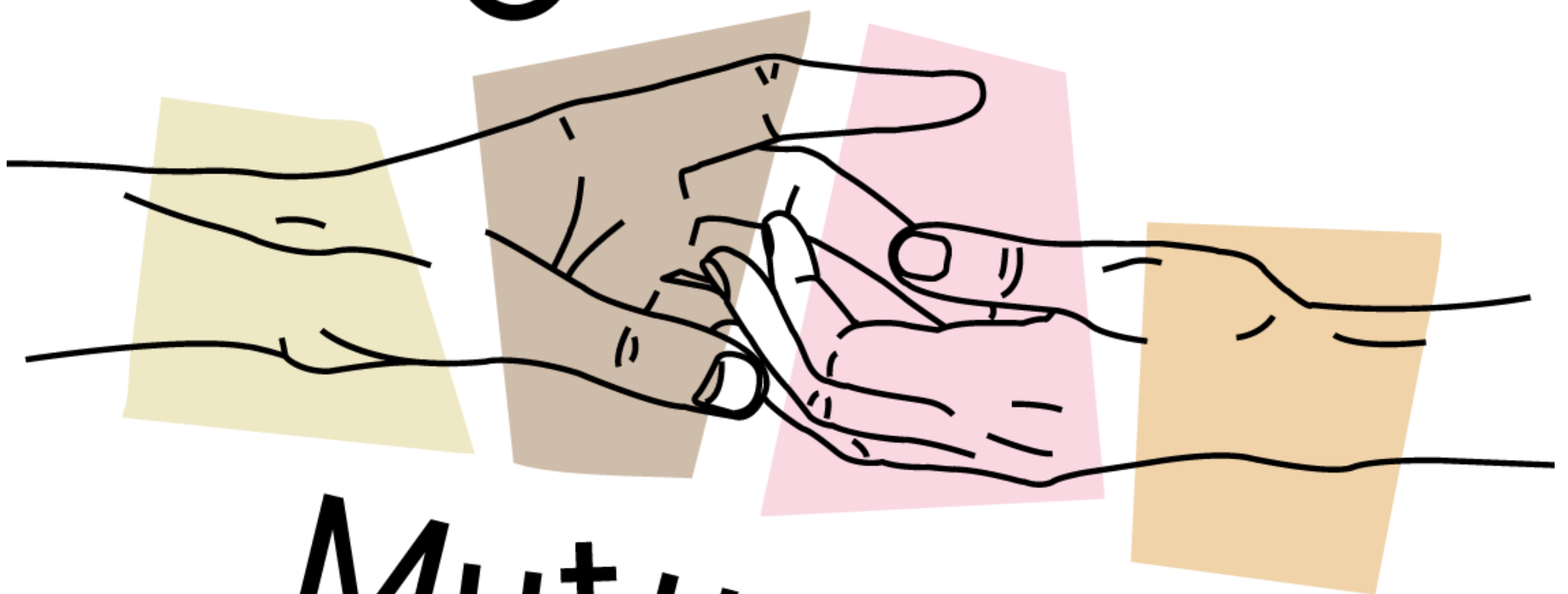


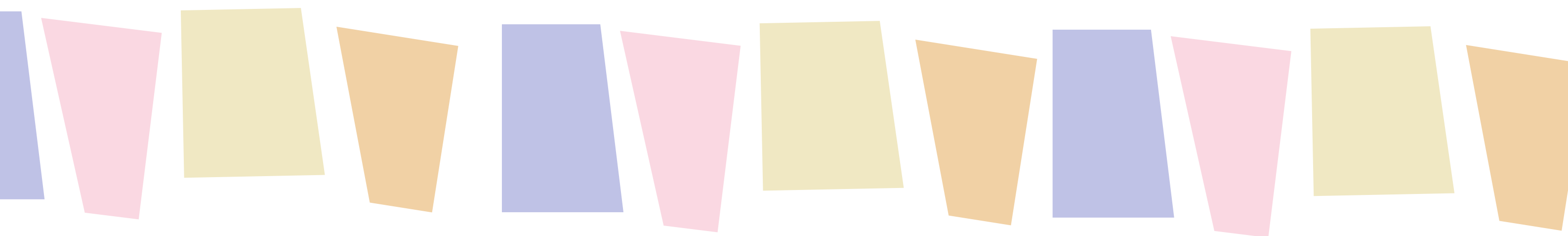
Mental Health Resources

Oxford



Mutual Aid

oxfordmutualaid.org



If you, a friend or relative are experiencing mental health problems, and are not known to mental health services, you should contact the Mental Health helpline in the first instance (rather than your GP).

This number replaces 111 for mental health advice in Oxfordshire and Buckinghamshire. This helpline is open 24 hours a day, seven days a week.

- For adults and older adults call 01865 904997
- For children and young people call 01865 904998.

Children and Young People aged less than 18

Where a child poses an immediate danger to themselves or others, calls are dealt with within 24 hours of receipt. During working hours (Monday-Friday, 9am to 5pm) call straight away:

- North Oxfordshire: 01295 819090
- Central Oxfordshire: 01865 902720
- South Oxfordshire: 01235 205425

Aged 18-65

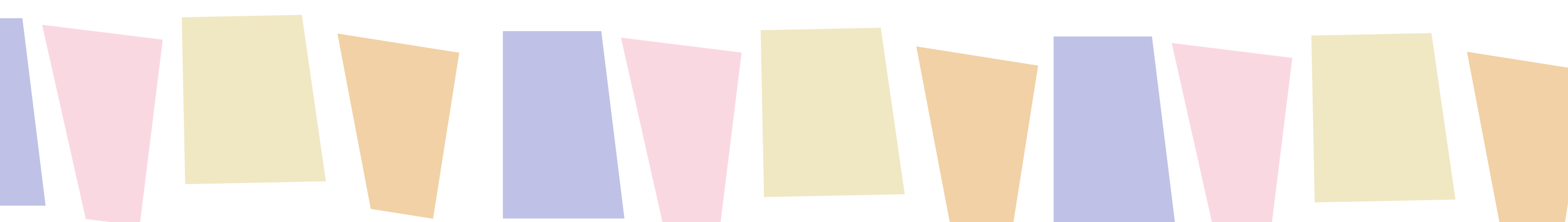
Your local Adult Mental Health Team can be contacted 7 days a week from 7 am until 9 pm.

Oxford City and North East Oxon – 01865 902200

North West Oxon -01865 902563

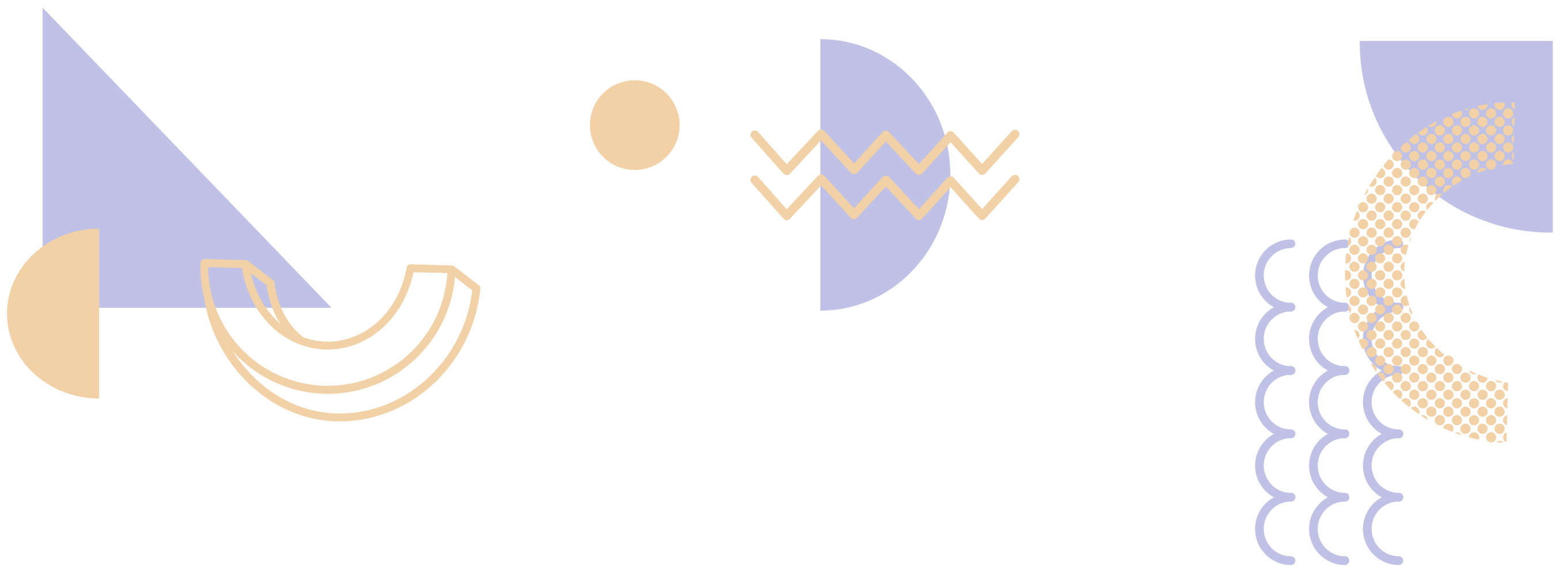
South Oxon – 01865 904191

If you are experiencing a mental health crisis after 9 pm, which cannot wait for contact with your usual care team, you can call the night team at the Warneford Hospital on 01865 901000.



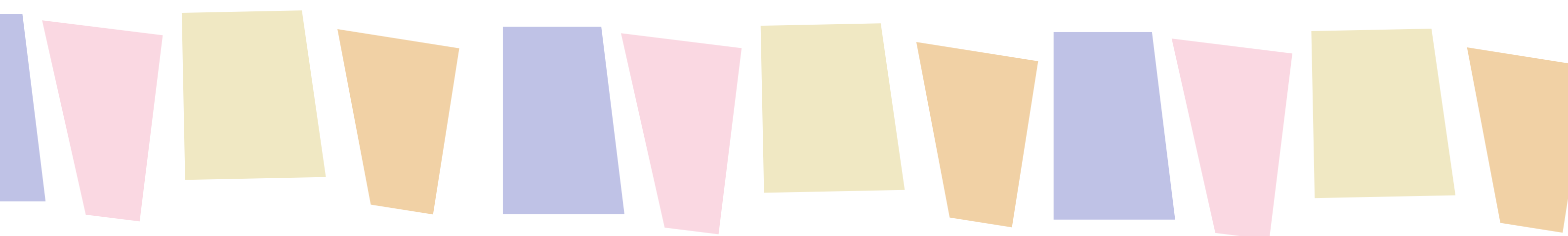
People older than 65 who are known to the Oxfordshire Mental Health teams

- North Oxfordshire CMHT: 01865 902726
- South Oxfordshire CMHT: 01235 205420
- Central Oxfordshire CMHT: 01865 455800



If you have been discharged from mental health services in the past 12 months and have concerns that your mental health is getting worse, you can contact the team you were discharged from for advice and self-referral. If you need help and advice overnight you can contact the night team, as above.

If you never been under the care of one of our teams, or have not been for the past year, please make use of the information on these web-pages regarding self-help and local support services or contact The Oxfordshire and Buckinghamshire Mental Health helpline 01865 904997 (do this rather than calling your GP) .



Other Resources

Oxford Safe Haven: service run Friday-Monday by Oxford Health NHS Foundation Trust, Elmore Community Services, and The Oxfordshire Mental Health Partnership. Out-of-hours, non-clinical space offering crisis support, signposting, safety planning and listening support over the weekend

Phone: 01865 903 037

Email: oxonsafehaven@oxfordhealth.nhs.uk

Banbury Safe Haven crisis support over the weekend (Friday-Monday 6pm-10pm) Phone 01295 270004.

Samaritans for emotional support on the phone, 24 hours a day 365 days a year. Freephone on 116 123

Oxford Samaritans Phone: 01865 722 122.

SANEline – 0300 304 7000 – 4.30 pm to 10.30 pm daily

Rethink – 0845 456 0455 – 10 am to 2 pm Monday to Friday

FRANK (specialist information about drug use) – 0800 77 6600 – open 24 hours

No Panic – 0844 967 4848 – 10 am to 10 pm

The TalkingSpace Plus Partnership works actively with people struggling with depression and anxiety and can be contacted on (01865) 901222 or email: talkingspaceplus@nhs.net

People living with HIV

Terrence Higgins Trust - support for people living with HIV. The Churchill Hospital site is not currently staffed owing to the COVID-19 outbreak. However you can still email daniel.clerkin@tth.org.uk; or phone Daniel Clerkin on 07741 324 909.

People with well-controlled (Viral load <20) HIV have been told by the government to self-isolate completely for 12 weeks. This is not necessary and people should follow the advice from the British HIV Association:

bhiva.org/EACS-BHIVA-statement-on-risk-of-COVID-19-for-people-living-with-HIV-PLWH

Or view more resources at: hiv.scot/coronavirus

Older Adults

Age UK - Age UK Advice Line: 0800 055 6112 (national) 0345 450 1276 (Oxfordshire) Age UK also help with handy person services, organising home help, and national befriending service with regular phone calls to check in.

People who are experiencing domestic abuse

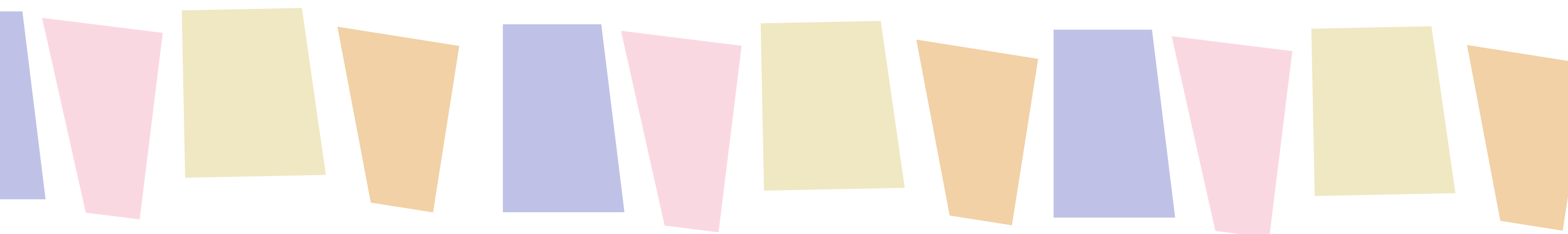
Domestic Abuse Helpline

This service is delivered in partnership with Oxfordshire County Council and affiliated to National Women's Aid.

Phone 0800 731 0055.

For 24 hour advice call National Domestic Violence Helpline on: 0808 2000 247.

Or visit: reducingtherisk.org.uk



The current restrictions on our day to day living and additional stresses because of coronavirus will put pressure on lots of relationships and families.

We know that domestic abuse is likely to get worse with Covid-19, and in these circumstances some people might also experience abuse for the first time.



Are you at immediate risk?

Call 999. If it's not safe for you to speak use the **Silent Solution** by pressing **55** when prompted.

If you are d/Deaf or hard of hearing you can use the emergency SMS service by texting 999. First text 'Register' to 999.

If you hear an incident of domestic abuse in progress or are worried for someone's immediate safety call 999. Otherwise please share your concerns with Thames Valley Police via 101 or report the crime online. It really could save lives.



Are you safe at home?

If you are at risk of harm at home you can choose to leave and will be helped by police and support workers to get yourself and your family to somewhere safe. You can also get help to stay as safe as possible at home.

Call our **Oxfordshire Domestic Abuse Helpline** on **0800 731 0055** between 10am-7pm Mon - Fri, or email das@a2dominion.co.uk

Are you worried about hurting somebody?

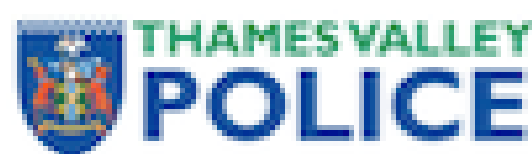
If you are struggling to manage your behaviour and hurting your loved ones you can get help by contacting the **Respect Helpline** on **0808 802 4040**



Are you able to help protect others at risk from abuse?

People trapped at home with somebody causing them harm will find it even harder to get help and protect themselves. Now more than ever it's everyone's job to protect them. **Please look and listen out for friends, family, neighbours, and others in your community.**

For information about what abuse might look like, how to stay safe, and what to do if you're worried about somebody visit www.reducingtherisk.org.uk



Reducing the Risk
of Domestic Abuse



a2dominion



OXFORDSHIRE
COUNTY COUNCIL

Anxiety

**Anxiety UK have a dedicated website for #coronxiety . Also they have been conducting webinars and youtube support groups for people anxious about coronavirus, may be a helpful resource for some.
anxietyuk.org.uk/coronxiety-support-resources/**

Student Minds resources on coping with mental health conditions during the coronavirus crisis: studentminds.org.uk/coronavirus.html

OCD

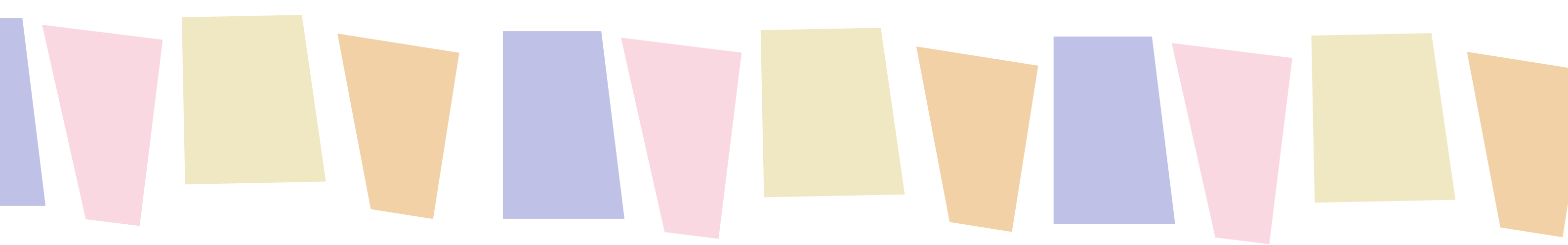
**Advice from national OCD charity OCDUK on coping during the coronavirus crisis.
ocduk.org/ocd-and-coronavirus-survival-tips/**

**BBC article “Coronavirus: How to manage anxiety and OCD during the pandemic”
bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic**

Eating Disorders

Guidance from BEAT (Beat Eating Disorders) on coping during the coronavirus crisis: beateatingdisorders.org.uk/coronavirus

Guidance from NEDA (National Eating Disorder Association) on coping during the crisis: nationaleatingdisorders.org/help-support/covid-19-resources-page



FACE COVID – How To Respond Effectively To The Corona Crisis:
[youtube.com/watch?v=BmvNCdpHUYM](https://www.youtube.com/watch?v=BmvNCdpHUYM)

Coping with anxiety about corona virus:
letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus

Tips for dealing with Covid-19 anxiety:
[nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips)

Pandemics and your mental health:
[apa.org/helpcenter/pandemics](https://www.apa.org/helpcenter/pandemics)

Accepting Uncertainty: [PDF](#)

Self Help Resources for Mental Health Problems:
cci.health.wa.gov.au/Resources/Looking-After-Yourself

Self Help Articles on dealing with difficult circumstances:
[otscentre.co.uk](https://www.otscentre.co.uk)

