

Further information

- ▶ If you think TalkingSpace could help you or you would like more information about the service, please speak to your GP.
- ▶ For more information about the national NHS IAPT (Improving Access to Psychological Therapies) Programme go to www.iapt.nhs.uk
- ▶ For more information about depression and anxiety go to www.mind.org.uk/help

Contact TalkingSpace

The TalkingSpace service can be contacted by telephone [01865 325777](tel:01865325777) or via email at talkingspace@nhs.net

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TALKING SPACE

Improving Access to Psychological
Therapies in Oxfordshire

Information about the
TalkingSpace service

Oxfordshire and Buckinghamshire Mental Health 
NHS Foundation Trust



About the service

The TalkingSpace service was set up in Oxfordshire in April 2009 and supports people who are suffering from mild to moderate symptoms of anxiety or depression. The service is provided by Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust in partnership with Oxfordshire Mind.

All of us feel low from time to time but sometimes feeling like this can start to affect our daily lives. You may feel lonely, anxious or find that you cry a lot. It may have become difficult for you to carry out your normal routine, go to work or find anything pleasurable. It may help you to know that lots of other people experience these feelings too. You may feel like nothing can help. However, you should know that there is assistance available to support you through these problems and help you get better.

How does TalkingSpace work?

The TalkingSpace team is made up of workers with a range of clinical backgrounds who go through specialised training programmes to prepare them to provide a range of effective treatments.

We are open from 9am to 5pm but can also offer some early morning or evening appointments if this is more helpful for you. We see people in a variety of community settings, normally GP practices, throughout Oxfordshire.

How do I access TalkingSpace?

All GPs in Oxfordshire can refer directly to the service. This provides good access as most people in the county are registered with a GP. We will also start to take self referrals later in 2010 to make it even easier for people to contact the service.

If you and your GP think that you would benefit from the help that TalkingSpace provides, then your GP will fill in a referral form and then ask you to call the TalkingSpace team directly. The team will take some details over the phone and decide with you what type of treatment will be most helpful in addressing your problems.

What sort of help is available?

The talking treatments that we offer are effective, and are recommended by National Institute of Health and Clinical Excellence (NICE) guidelines. They include:

- ▶ Self help reading material
- ▶ Computerised CBT and other internet packages
- ▶ Telephone support to use the self help programmes
- ▶ Group Cognitive Behaviour Therapy
- ▶ Individual Cognitive Behavioural Therapy
- ▶ Individual Counselling

Using self-help material with our support is very successful for many people. You may find this is enough help to enable you to understand your problems and work through how to help yourself. Self-help reading can also be helpful in preparation for other treatments.

We can also advise on other local services that may help you, such as family support, benefits advice and employment assistance.

Is the service right for me?

The TalkingSpace service is set up to help people over 18 years, suffering from mild to moderate depression, anxiety, post traumatic stress, panic, phobias and obsessive compulsive disorders.

The service is not appropriate for people who suffer with more severe or enduring mental ill health or addictions and who may need the support of Community Mental Health Teams or other specialist services.

If you are in any doubt about whether the service is right for you, then talk to your GP. They will be able to help you think about whether TalkingSpace can help and, if appropriate, they will make a referral to the service.