

## Where else can I go for support?

### **Drugs and alcohol:**

#### **Turning point**

0300 0134 776

### **Bereavement:**

#### **CRUSE**

0808 808 1677

### **Older Adults:**

#### **Age, UK Banbury**

01295 256 116

#### **Age UK National**

0800 169 6565

#### **Alzheimer's Society**

0121 521 3020

### **Homeless:**

#### **Oxford homeless pathway**

01865 304 600

### **Benefits:**

#### **Better benefits for mental health**

01865 247788

### **Domestic violence:**

#### **Reducing the risk**

0800 731 0055

## Where else can I go for support? continued...

### **Children and young adults:**

#### **Childline**

0800 1111

#### **NSPCC Helpline**

0808 800 5000

#### **Samaritans—for suicidal feelings**

116 123

### **Miscellaneous:**

#### **Citizens advice bureau**

01922 700600

#### **BEAT (eating disorders)**

0808 801 0677

#### **No Panic**

0844 967 4848

#### **Relate**

0121 643 1638

#### **Victim support, National**

0300 303 1977

#### **Talking Space CBT**

01865 325 777



chippingnorton

Health Centre

## Primary Care Mental Health Nurse



Our mental health nurses work alongside your GP to support you in understanding your mental health and wellbeing.

The service is available to people who are registered at Chipping Norton Health Centre.

March 2018

## About our service

We work alongside your GP to support you in understanding and improving your mental health and wellbeing.

The service is available to people who are registered with Chipping Norton Health Centre.

Our mental health nurses will support you to live as healthily and as independently as possible.

Your appointments with the mental health nurse will be held at the Health Centre.

Appointments are available at the Health Centre Tuesday to Friday. There are two mental health nurses that we can offer appointments with.

Access to mental health nurse is by GP referral only.

You are ineligible to access this service if you are currently under the care of another mental health service.

If you book and then cannot attend an appointment, it is really important that you let us know as soon as possible. This will let us offer the appointment slot to someone else. It also helps us to keep waiting times down.

## How can we help you

- The mental health nurses are very focused on your recovery and empowering you to function at the best level you can.
- Sessions will be focused mainly on the difficulties you will be experiencing at that point. These may include coping with stressful life events, managing your medication and engaging you with activities within the community.
- We offer a range of treatments and support for people struggling with depression and anxiety as well as many other mental health problems.
- Our role also includes signposting you to other services for difficulties which may require more specialised support and help you to maintain your stability and independence.
- Guided self help.
- Problem solving and coping skills.
- Relaxation and mindfulness techniques.
- Referrals to other organisations.

## What will happen at my first appointment.

You will have a face to face appointment which will last between 20 and 40 minutes. During this time you will explore your current difficulties in a safe and confidential setting.

You will be asked to provide information about yourself and you will be able to speak openly with the mental health nurse about any changes you would like to make to improve your mental wellness.

If for any reason we are unable to offer care to meet your particular needs we will discuss this with you at your appointment.

## Confidentiality

Everything you tell us is confidential.

Information will normally only be shared with your GP. We will only share information with other professional or carers if you have given us permission to do so, unless we feel there is serious risk to you or other people.