

# Stakeholder update

BETTER WHEN WORKING TOGETHER



## LONG TERM CONDITIONS

**Psychological support for people with Long-term health conditions and stress, anxiety and/or low mood.**

NHS Oxfordshire Talking Therapies (OTT) offers talking therapies to people with anxiety and/or depression and long-term physical health conditions. This is done in a variety of ways including individual or group sessions, on-line and face-to-face sessions. In addition, the service has specially trained psychological therapy clinicians working in 7 integrated LTC pathways which are embedded in Oxfordshire hospital and community Physical Health Care services. These are for people with:

- Cardiac disease
- Respiratory disease
- Diabetes
- Menopause
- Chronic Fatigue
- Long COVID
- Irritable Bowel Syndrome (IBS)

## WAIT TIMES

### UPDATE

Patients can easily refer themselves online [Self referral form | NHS Oxfordshire Talking Therapies | IAPT Portal](#) or by phone - 01865 901222 Professionals too, can refer via [Making a referral - NHS Oxfordshire Talking Therapies NHS Oxfordshire Talking Therapies \(oxfordhealth.nhs.uk\)](#)

Typically, NHS Oxfordshire Talking Therapies offers a screening call within **two working days**. Patients will talk about their main problems, how to stay safe and treatment options.

Most patients will then only wait a maximum of **two weeks** to start treatment in a group, one to one, or online. If they then need further treatment with other evidence-based treatments such as CBT, most patients wait **nine weeks** currently.

## NEW TESTIMONIAL VIDEOS

### News

We have new testimonial videos now on the website:

<https://www.oxfordhealth.nhs.uk/oxon-talking-therapies/videos/>

Patients who have used our local talking therapies services tell us about their experiences and the impact that recovery has had on their lives.

## Diabetes Awareness Week 2024

Diabetes Awareness Week 2024 from 10<sup>th</sup> to 16<sup>th</sup> June aims to raise awareness and speak up about the things that matter to people with diabetes. There is much more information at <https://www.diabetes.org.uk/diabetes-week>.

Whether your patient has just been diagnosed or they've lived with **diabetes** for a long time, they may need support for all the emotions they're feeling. This could be **stress**, feeling low and **depressed**, or **burnt out**. The people around them can feel all of this too.

We know that people with diabetes are twice as likely to develop depression than people who don't have diabetes. They are more likely to experience distress and have to handle the fear that can come with their condition such as the fear of hypos. Talking therapies can offer many techniques to help patients cope with stressful situations. NHS Oxfordshire Talking Therapies is there for people even if they have previously started the process of getting help but at that point, decided it wasn't the right time.

Staff at NHS Oxfordshire Talking Therapies are trained to offer adapted therapy for people with long term health conditions including diabetes. We also offer Employment Advice as we know that 1 in 6 people with diabetes feel they've been discriminated against by their employer because of their diabetes. The employment advisors can help patients gain, retain and return to work while in treatment with one of our clinical team.

## Professionals Open Afternoon

**NHS Oxfordshire Talking Therapies** is running its next open afternoons for interested professionals, providing an overview of all aspects of the service and an opportunity to meet the staff involved.

This will be held via Microsoft Teams; the next open afternoon will be on **Thursday 13<sup>th</sup> June 2024 between 2-4pm**. You can find out more on the [Oxfordshire Talking Therapies website](#).

To sign up to attend, please email [oxon-talking-therapies@oxfordhealth.nhs.uk](mailto:oxon-talking-therapies@oxfordhealth.nhs.uk) or call 01865 901222 and we will be happy to respond to your queries. Please note, to receive an invite, we ask that work email addresses are used.