

## Terms and conditions of accessing our service

For information on our Terms and Conditions please scan this QR Code:



Or you can visit our website:  
[www.bucks-talking-therapies.nhs.uk](http://www.bucks-talking-therapies.nhs.uk)

Patient Advice and Liaison Service (PALS):

Freephone: **0800 328 7971**  
Email: [pals@oxfordhealth.nhs.uk](mailto:pals@oxfordhealth.nhs.uk)

Oxford Health NHS Foundation Trust  
Trust Headquarters, Littlemore Mental Health Centre  
Sandford Road, Littlemore, Oxford, OX4 4XN



## This leaflet can be made available in different languages

If you would like to have this information translated into a different language, please contact the NHS Bucks Talking Therapies Team at:  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر NHS Bucks Talking Therapies البريد الإلكتروني:  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

আপনি এই তথ্য অন্য ভাষায় অনুবাদ করতে চাইলে, অনুগ্রহ করে হেলিথ মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

如需将此信息翻译成其他语言，请联系 NHS Bucks Talking Therapies 团队：  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem NHS Bucks Talking Therapies pod adresem:  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

Se pretender traduzir esta informação para outro idioma, contacte a equipa NHS Bucks Talking Therapies através do endereço:  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی پبلدی مائنڈز ٹیم سے اس پر رابطہ کریں:  
[bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)

# Introduction to Buckinghamshire Talking Therapies

## Working together to improve wellbeing

**Are you nervous, anxious, or on edge?  
Feeling low, depressed or stressed?**

**We can help. Our free NHS talking therapies service can provide support during your time of need.**



To book an initial assessment now:  
scan the **QR Code**  
or visit [www.bucks-talking-therapies.nhs.uk](http://www.bucks-talking-therapies.nhs.uk)  
or phone **01865 901 600**  
or text **TALK** and your name to **07798 667169**



**for anxiety and depression**

Service provided by Oxford Health NHS Foundation Trust

## Here to help

Most of us feel worried, anxious, low or stressed now and again in response to things that happen in our lives. For most people this is short lived, for others it can cause ongoing distress and a sense of hopelessness about the future that can impact on quality of life.

Feeling this way can affect your work, relationships and health. Emotions can impact your body as well as your mind. You may have a range of different symptoms including difficulty breathing, headaches, stomach aches, difficulty sleeping or lack of concentration.

If you are experiencing difficulties and recognise that you need support, Buckinghamshire (Bucks) Talking Therapies can help. You will need to be over the age of 18 and registered with a Buckinghamshire GP.

We offer a range of free psychological therapies, which are recommended by the National Institute of Clinical Excellence (NICE), for a number of difficulties. We follow a stepped care model and use this model to decide which treatment is most clinically appropriate for you.

### We can help with:

- Low mood
- Anxiety and worry
- Health anxiety
- Specific phobias or fears
- Social anxiety
- Panic
- Obsessive compulsive disorder
- Post-traumatic stress disorder
- Employment related difficulties

Our clinicians can also help you deal with the emotional impact of living with a long term condition like diabetes, cardiac disease, chronic obstructive pulmonary disease or chronic pain. We can also provide you with information about a wide range of organisations and services that can offer additional help.

## How we can help

We offer effective talking therapies and practical support to:

- Understand why you feel as you do
- Look at the links between your feelings, thoughts, symptoms, and behaviours
- Find out what you would like to change
- Discover new ways of coping now and in the future
- Help you gain new employment or resolve employment difficulties

We will connect with you either in person, by telephone or online and keep in contact with you regularly to help you with your recovery.

Our Employment Advisors can help with retaining your job, gaining new employment or returning to work from sickness absence.

I would really recommend it. At the start I was anxious but as the sessions progressed each week, the more I felt the benefit.

Reaching out for help can feel like the most difficult step. But often it is easier than you think...

## How to get help

You can book your 1st appointment:

- Online – by visiting our website: [www.bucks-talking-therapies.nhs.uk](http://www.bucks-talking-therapies.nhs.uk) (or use QR Code on the front of this leaflet)
- Over the phone **01865 901 600**
- By texting **“TALK”** and your name to: **07798 667169**
- Via email: [bucks-talking-therapies@oxfordhealth.nhs.uk](mailto:bucks-talking-therapies@oxfordhealth.nhs.uk)
- Or your GP or any other health or social care professional can do a referral for you

Most people find it easy to complete an online referral form on our Bucks Talking Therapies website. You can then choose and book your telephone assessment appointment yourself for a time and day that is convenient for you.

We will offer you an initial appointment usually within 3-5 days of your referral where a clinician will discuss your needs with you and explain what options for help or support are available.

