Support with your mental health in Oxfordshire

Mental health services in Oxfordshire

Mental health services in Oxfordshire are commissioned by the Primary Care Trust. This is to ensure that local services are fit for purpose for the communities they serve, that they perform at an acceptable level and that they are affordable to the local health economy.

Future vision

The aims for the mental health services are that they will improve in quality, become more cost effective and continue to develop their customer focussed a

Help in a Crisis

If you are not already in contact with mental health services:

If you, a friend or relative are experiencing mental health problems for the first time and need emergency treatment, you should contact your GP. He or she can usually deal with a mental health problem more quickly and fully than a hospital Accident & Emergency department.

If you have an urgent problem outside normal surgery hours, dial the Out of Hours GP Service on 0845 3458995. The service runs from 6.30pm - 8.00am weekdays and 24 hours over the weekend and bank holidays.

If you are already in contact with mental health services:

- During office hours - Call your care coordinator (this may be your Community Psychiatric Nurse - CPN - or your social worker). If they are not available, you should call your local community mental health team. (Click here for contact details).

- After office hours, at weekends and on holidays - Please telephone the main switchboard at Oxfordshire & Buckinghamshire Mental Health Partnership NHS Trust on 01865 778911.

If you are feeling desperate and need to talk to someone, you can also call the Samaritans, 24 hours a day, on 08457 909090.

This leaflet explains how Mental Health Services in Oxfordshire work and what you can expect from them.
These Pathways are designed to help you, your family and friends to move through services. They aim to help you to recover as quickly as possible. This is a starting point; we encourage you to ask questions.