Mental Health Services in Oxfordshire

Mental Health services are contracted by Oxfordshire Clinical Commissioning Group on behalf of the people of Oxfordshire. This is to ensure that everyone has fair access according to their need and 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

We pledge to ensure that local mental health services:
• Continue to improve in quality
• Focus on the needs of individuals and their families
• Become increasingly cost effective
• Serve; that they perform at an acceptable level and that everyone has fair access according to need and 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.

Help in a Crisis

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

If you, a friend or a 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 which is not immediately life threatening 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. You should have this information but if you are not sure you can find contact details on www.oxfordhealth.nhs.uk or by calling: 01865 741717
• After office hours, at weekends and on holidays - Please telephone the main switchboard at Oxford Health NHS Foundation Trust on 01865 741717.

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

Mental Health Services in Oxfordshire

There are pathways designed to help you, your family and friends to move through services. They aim to help you recover as quickly as possible. Ask your GP or care coordinator for more information.

Everyone’s journey is individual. We aim to provide the help you need at the time you need it. Recovery means living a successful life with your illness.
Focus on the needs of individuals and continue to improve in quality mental health services:

- We pledge to ensure that local mental health services are contracted by Oxfordshire Clinical Commissioning Group on behalf of the people of Oxfordshire.
- This is to ensure that mental health services in Oxfordshire are contracted in a way that is most appropriate to the needs of individuals.

Future vision:

- Oxfordshire Mental Health Services aim to be an essential part of the local health economy.
- They serve a purpose for the communities they serve; that they perform at an acceptable level and that they are affordable to the community.
- Everyone has fair access to mental health services in Oxfordshire.
- This is to ensure that local mental health services are contracted in a way that is most appropriate to the needs of individuals.

Support with your needs:

- Holistic assessment of your needs will consider:
  - Talking therapies
  - Practical support with housing
  - Employment
  - Money management
  - Relationships.

A whole person assessment for the appropriate social and health care available.

www.omhi.org.uk

Pathways to recovery:

Everyone’s journey is individual. We aim to provide the help you need at the time you need it. Recovery means living a successful life with your illness.

Where do I go for help?

- Your GP
- Oxford Mental Health Information www.omhi.org.uk

What will happen to me?

- You will talk to someone who will help to work out what is wrong and what might be helpful.

Who has the services to help?

- Your GP
- Talking therapy services
- Housing Support
- Employment Support
- Specialist NHS mental health services in the community or hospital.

Holistic assessment of your needs

This will consider:

- Talking therapies
- Practical support with housing
- Employment
- Money management
- Relationships.

A whole person assessment for the appropriate social and health care available.

How will I know if help is working?

- You and those supporting you will be partners in your care, reviewing progress on a regular basis.
- You will have a say in when and how you leave treatment.

What will happen when I feel well?

- You will feel better.
- You will have new skills & strategies to help you stay well.
- You may have new health and work and what might be helpful.
- You will know who & what else is available to help you if you become unwell again.
- You will have continuing support if your condition requires it.

There are pathways designed to help you, your family and friends to move through services. They aim to help you to recover as quickly as possible. Ask your GP or Care Coordinator for more information.

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