

Oxfordshire IAPT Service



Overcoming Anxiety & Depression Together



Oxford Health
NHS Foundation Trust

Even with the lockdown easing, it is still really important to take the time to care for yourselves. TalkingSpace Plus is a free, confidential NHS service for adults in Oxfordshire, to help people when they're feeling stressed, anxious or low and we offer our treatments online for your safety and convenience.

If you feel you would benefit from support please contact our service directly on 01865 901222 or visit www.oxfordhealth.nhs.uk/talkingspaceplus.