Treatment Resistant Depression Clinic
Support Services and Resources for Low Mood

In an emergency

- Dial 999 if you think that your life, or that of another person, is at immediate risk or go to A&E

For urgent support

- If you need help urgently for your mental health, but it’s not an emergency, get help from NHS 111 online or call 111
- Contact your GP. Find a GP in your area on nhs.uk
- If you are currently in contact with mental health services, your local Adult Mental Health Team can be contacted

Oxfordshire Support Services

- Oxfordshire Health: Details of all Oxford Health NHS mental health support services
  Visit: https://www.oxfordhealth.nhs.uk/support-advice/what-to-do-in-an-emergency/
- Oxfordshire Talking Therapies: Free NHS Talking Therapies service for Oxfordshire
  Call: 01865 901 222 Visit: https://www.oxfordhealth.nhs.uk/oxon-talking-therapies/
- Oxford Safe Haven: A non-clinical service open every day offering listening support for people who are experiencing mental health crisis. Provides both one-to-one support on the phone and face-to-face.
  Call: 01865 903 037 Email: osh@oxfordshiremind.org.uk
  Visit: https://www.oxfordshiremind.org.uk/support-for-you/safe-haven/
  Visit: https://www.oxmindguide.org.uk/
- Oxfordshire Mind Wellbeing Workers: One-to-one support to encourage and enable people to link with existing support services within the community and develop tools to increase ability to manage wellbeing.
  Call: 01865 247 788 Visit: https://www.oxfordshiremind.org.uk/support-for-you/primary-care/
- Restore: An Oxford based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives. They offer recovery groups as well as training and employment coaching.
  Visit: https://www.restore.org.uk/
National Services and Helplines

- **Mind**: Mental health charity providing information and support.  
  Call: 0208 215 2243  
  Visit: [https://www.mind.org.uk/](https://www.mind.org.uk/)
- **The Samaritans**: Helpline offering emotional support and a listening ear 24/7, 365 days a year.  
  Call: 116 123
- **SANEline**: National, out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.  
  Call: 0300 304 7000  
  Visit: [https://www.sane.org.uk/](https://www.sane.org.uk/)
- **SHOUT**: 24/7 text service for anyone in crisis, any time, anywhere. It’s a place to go if you’re

Resources to Manage Self-Harm and Suicide

- **Papyrus UK**: Providing help and hope for young people with thoughts of suicide  
  Call: 0800 068 4141  
  Visit: [https://www.papyrus-uk.org/](https://www.papyrus-uk.org/)
- **Staying Safe**: If you’re struggling and you’re not sure if you want to live or die, just for now hold off making this decision and keep reading and watching the videos for some ideas about how to get through.  
  Visit: [https://stayingsafe.net/](https://stayingsafe.net/)
- **CALM (Campaign Against Living Miserably)**: A leading movement and support service against male suicide.  
  Call: 0800 585 858  
  Visit: [https://www.thecalmzone.net/](https://www.thecalmzone.net/)

Supporting Someone with Mental Health Difficulties

- **Rethink Oxfordshire Carers Support Services**:  
  Call: 01865 904499  
  Visit: [https://www.rethink.org/](https://www.rethink.org/)
- **Oxfordshire Mind Carers’ Support Group**:  
  Call: 01865 2247 788  
  Visit: [https://www.oxfordshiremind.org.uk/](https://www.oxfordshiremind.org.uk/)
- **SANEline**:  
  Call: 0300 304 7000  
  Visit: [https://www.sane.org.uk/](https://www.sane.org.uk/)