

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/>
- **Oxfordshire Mind Guide:** Directory of mental health support services across Oxfordshire.
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/>
- **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/>
- **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/>
- **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://staying-safe.net/>
- **CALM (Campaign Against Living Miserably):** A leading movement and support service against male suicide.
Call: 0800 585 858 Visit: <https://www.thecalmzone.net/>

Supporting Someone with Mental Health Difficulties

- **Rethink Oxfordshire Carers Support Services:**
Call: 01865 904499 Visit: <https://www.rethink.org/>
- **Oxfordshire Mind Carers' Support Group:**
Call: 01865 2247 788 Visit: <https://www.oxfordshiremind.org.uk/>
- **SANEline:**
Call: 0300 304 7000 Visit: <https://www.sane.org.uk/>