



*Where Children Come First*

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### Adult Mental Health Support Links

It is more important now than ever that we look after our mental health and general well-being, not only for our children, but for you as parents/carers.

Below you will find a list of links that offer mental health support, counselling, advice, and helplines.

If you would like support accessing any of the agencies below then please contact Mrs Duffy, our Children and Families Officer for further support.

Name of Agency	Contact details/link	What they can offer
Talking Space	<a href="https://www.oxfordhealth.nhs.uk/talkingspaceplus/about/">https://www.oxfordhealth.nhs.uk/talkingspaceplus/about/</a> <b>01865 901222</b>	1:1 support, courses and support groups, physical health, employment support, and a well-being service.
Mind	<a href="https://www.oxfordshiremind.org.uk/wellbeing/banbury-safe-haven/">https://www.oxfordshiremind.org.uk/wellbeing/banbury-safe-haven/</a> <b>01865 247788</b>	Emergency mental health support, mental health crisis weekend team, and support from their well-being service workers
Restore	<a href="https://www.restore.org.uk/">https://www.restore.org.uk/</a> <b>01865 455821</b>	Recovery groups, coaching, information and advice for carers.
CALM	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a> <b>0800585858</b>	Helpline, web chat support and community support groups
Relate	<a href="http://relate-oxfordshire.org/">http://relate-oxfordshire.org/</a>	Help with relationships, help with family life and parenting, help with separation and divorce, and family counselling.
Samaritans	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	Support via the phone and email. Access to their well-being app
River side	<a href="https://www.riversidecounsellingservice.co.uk/">https://www.riversidecounsellingservice.co.uk/</a>	Counselling service
Oxfordshire County Council signposting page	<a href="https://www.oxfordshire.gov.uk/residents/social-and-health-care/health-recovery-and-wellbeing/mental-wellbeing">https://www.oxfordshire.gov.uk/residents/social-and-health-care/health-recovery-and-wellbeing/mental-wellbeing</a>	Further signposting/links to support and advice around mental well-being.