

## Mental Health Services List

**GP** – first point of call. Can refer to Community Mental Health Teams to access more in-depth psychological therapies.

**Isis Centre:** Dartington House, 55 Little Clarendon Street, Oxford OX1 2HS. 01865 556648  
The Isis Centre is an NHS professional psychotherapy service open to anyone over 18 who is registered with a GP in Oxfordshire. Therapy provided includes one-to-one and group therapy. The service is available on a self-referral basis by phoning the centre.

### **Oxfordshire Mind Wellbeing Service:**

Provides vital support, information and advice. Open to everyone.  
They offer short courses such as coping skills, keeping well, arts and culture, physical health, severe and enduring mental health problems or practical skills.  
They also offer peer support groups, that provide a safe, welcoming space to share activities, issues or thoughts and to meet people who may have experienced similar issues. Some groups may be for specific groups of people or may be focused around specific activities.  
The services are run across three localities within Oxfordshire Services are run in various locations including community settings such as cafes and leisure centres as well as mental health related settings.

For further information refer to the website: [Oxfordshire-mind.org.uk](http://Oxfordshire-mind.org.uk) or call the information line on 01865 247788.

Cherwell and West Oxfordshire:

Witney Resource Centre

Moorland Road

Witney OX28 6LF

01993 702999

[cherwellandwest@oxfordshire-mind.org.uk](mailto:cherwellandwest@oxfordshire-mind.org.uk)

Oxford City

The Mill

46 Cowley Road

Oxford OX4 1HZ

01865 263758

[city@oxfordshire-mind.org.uk](mailto:city@oxfordshire-mind.org.uk)

South Oxfordshire and the Vale of the White Horse

Abingdon Wellbeing Centre

The Charter Complex

Broad Street

Abingdon OX14 3LZ

01235 522096

[southandvale@oxfordshire-mind.org.uk](mailto:southandvale@oxfordshire-mind.org.uk)

**Talking Space:** Oxbridge Court, Osney Mead, Oxford OX2 0ES. 01865 325777. [talkingspace@nhs.net](mailto:talkingspace@nhs.net).

[www.talkingspaceoxfordshire.org](http://www.talkingspaceoxfordshire.org)

Provides talking treatments, mainly Cognitive Behavioural Therapy for people with mild to moderate anxiety and depression. Treatment is offered via classes, guided self-help or one-to-one CBT. People can self-refer by phoning, emailing or filling in a form, or be referred by their GP.

**Mind Infoline:** 0300 123 3393. [info@mind.org.uk](mailto:info@mind.org.uk).

The Mind Infoline is a national mental health information service providing information and advice on mental health conditions, treatments and where to get help around the country.

**The Listening Centre:** 61-63 Cuddeston Corner, Blackbird Leys, Oxford OX4 6SB. 01865 794794.

[admin@thelisteningcentre.org.uk](mailto:admin@thelisteningcentre.org.uk). [www.thelisteningcentre.org.uk](http://www.thelisteningcentre.org.uk)

A low cost counselling service based in Blackbird Leys, Rosehill and Barton. The service is run by mainly trainee counsellors and psychotherapists. It is for people on low incomes or benefits who pay what they can afford. Clients range from 18 to 80+. All clients have to make contact themselves.

**Oxford Mindfulness:** 7 The Paddocks, Yarnton, Kidlington, OX5 1TF. 07788450257.

[info@oxmindfulness.org](mailto:info@oxmindfulness.org). [www.oxmindfulness.org](http://www.oxmindfulness.org).

Offers a programme of mindfulness based stress reduction. There are eight-week group programmes for stress, depression and other mental health conditions. The programmes are for the public and professionals. Self-referrals and GP, therapist or consultant referrals are accepted.

**Relate Oxfordshire:** 33 Iffley Road, Oxford OX4 1EA. 01865 242960. [appointments@relate-](mailto:appointments@relate-oxfordshire.org)

[oxfordshire.org](http://oxfordshire.org). [www.relate-oxfordshire.org](http://www.relate-oxfordshire.org).

Counselling for individuals, couples and families to improve their relationships. Appointments by prior arrangement.

Relate also offers telephone and online counselling on a wide range of relationship issues.

Telephone appointments can be made via the booking line to arrange a suitable time. Online counselling can be accessed through the website where you will be sent an online consultation form. There is a charge for the Relate services.

**Oxford Depression Support Group:** 01865 552640

Informal evening meeting once a month over coffee/tea and biscuits. Provides an opportunity to talk freely with others having similar experiences and offers mutual support in a small group. There are occasional speakers and discussions. Self-referral via phone only.