



# Oxford Health

**NHS Foundation Trust** Improving your wellbeing

## Welcome to Healthy Minds Bucks

<https://www.oxfordhealth.nhs.uk/healthyminds/contact/>

This website provides information and support for anyone who may be experiencing difficulties with anxiety, depression or stress. Students can complete a self-referral via their website or text and will be contacted an administrator, usually within 2 working days, to arrange a telephone appointment.

If you are feeling anxious, depressed or stressed, Healthy Minds may be able to offer you the help you need to improve your wellbeing. We are a fast-acting NHS service offering talking therapies, practical support and employment advice to people with a GP in Buckinghamshire.

We can either work with individuals on the telephone or meet them at various community locations and GP practices around Buckinghamshire. We keep in regular contact with our clients in order to help them on the road to recovery.

The telephone appointment with one of our practitioners: it is an opportunity to talk about your current situation and how this affects you. They will explain the different types of help we offer, and together you will decide how Healthy Minds can best help you.