

Terms and conditions of accessing our service

For information on our Terms and Conditions please scan this QR Code:



Or you can visit our website:
www.bucks-talking-therapies.nhs.uk

Patient Advice and Liaison Service (PALS):

Freephone: **0800 328 7971**
Email: pals@oxfordhealth.nhs.uk

Oxford Health NHS Foundation Trust
Trust Headquarters, Littlemore Mental Health Centre
Sandford Road, Littlemore, Oxford, OX4 4XN



This leaflet can be made available in different languages

If you would like to have this information translated into a different language, please contact the NHS Bucks Talking Therapies Team at:
bucks-talking-therapies@oxfordhealth.nhs.uk

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر NHS Bucks Talking Therapies البريد الإلكتروني:
bucks-talking-therapies@oxfordhealth.nhs.uk

আপনি এই তথ্য অন্তর্ভুক্ত ভাষায় অনুবাদ করতে চাইলে, অনুগ্রহ করে হেল্পিং মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:
bucks-talking-therapies@oxfordhealth.nhs.uk

如需将此信息翻译成其他语言，请联系 NHS Bucks Talking Therapies 团队：
bucks-talking-therapies@oxfordhealth.nhs.uk

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem NHS Bucks Talking Therapies pod adresem:
bucks-talking-therapies@oxfordhealth.nhs.uk

Se pretender traduzir esta informação para outro idioma, contacte a equipa NHS Bucks Talking Therapies através do endereço:
bucks-talking-therapies@oxfordhealth.nhs.uk

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی بیلڈی مائنڈز ٹیم سے اس پر رابطہ کریں:
bucks-talking-therapies@oxfordhealth.nhs.uk

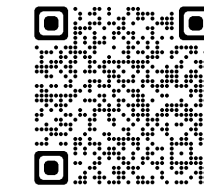
NHS
Buckinghamshire Healthcare
NHS Trust

NHS
Oxford Health
NHS Foundation Trust

Living with and Beyond Cancer

Working together to improve wellbeing

Buckinghamshire Talking Therapies now offers free, confidential support for those impacted by a Cancer diagnosis
Delivered jointly by Buckinghamshire Healthcare Trust and Oxford Health NHS Foundation Trust



To book an initial assessment now:
scan the **QR Code**
or visit www.bucks-talking-therapies.nhs.uk
or phone **01865 901 600**
or text **TALK** and your name to **07798 667169**



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

Become a member of our Foundation Trust
www.ohfnhs.uk/membership

www.bucks-talking-therapies.nhs.uk

I'm feeling low, worried or stressed because of my cancer, how do I get support?



**Self-refer Online:
www.bucks-talking-therapies.nhs.uk
Telephone: 01865 901 600
Monday-Friday 7am-5pm
OR**

If you need help with your referral you can ask at your GP practice, speak to your cancer nurse or other health professional

What to expect

Following your referral, you will usually be offered an assessment which will usually last around 45 minutes. This can be on the telephone, on a video call or in person. By completing our online self-referral, you can book yourself straight into your first appointment.

Your therapist will talk to you about how you have been feeling and ask some questions to understand your current needs.

We will then consider suitable talking therapy treatments that may be right for you.

This may include group, individual, online or in person treatments.

For a full description of the types of therapy we offer, please see our website:

www.bucks-talking-therapies.nhs.uk



What support is available?

Buckinghamshire Talking Therapies

www.bucks-talking-therapies.nhs.uk

Tel: 01865 901600

Email: bucks-talking-therapies@oxfordhealth.nhs.uk

Cancer Information and Wellbeing Service

www.buckshealthcare.nhs.uk/our-services/cancer-care/how-we-support-you/

Tel: 01296 838340

Email: bht.cancer.inf@nhs.net



www.cancercaremap.org



www.macmillan.org.uk



www.maggies.org/our-centres/maggies-oxford



www.thehummingbirdcentre.org.uk



www.sbh.org.uk