

We're here to help our colleagues

If you're going through a difficult time, you're not alone and help is available. Don't suffer in silence – the NHS is here to support you.

Visit: www.oxfordhealth.nhs.uk/youmatter/
for more information and
to self refer/refer a colleague.

Our specialist team can
help you with your
emotional wellbeing and
mental health.

It's confidential
and safe.

Call 0800 145 6568
Monday – Friday
8am-4pm



We are
safe and
healthy

Email: youmatter@oxfordhealth.nhs.uk