

We're here to help our colleagues

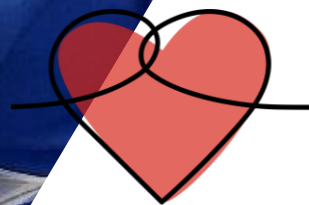
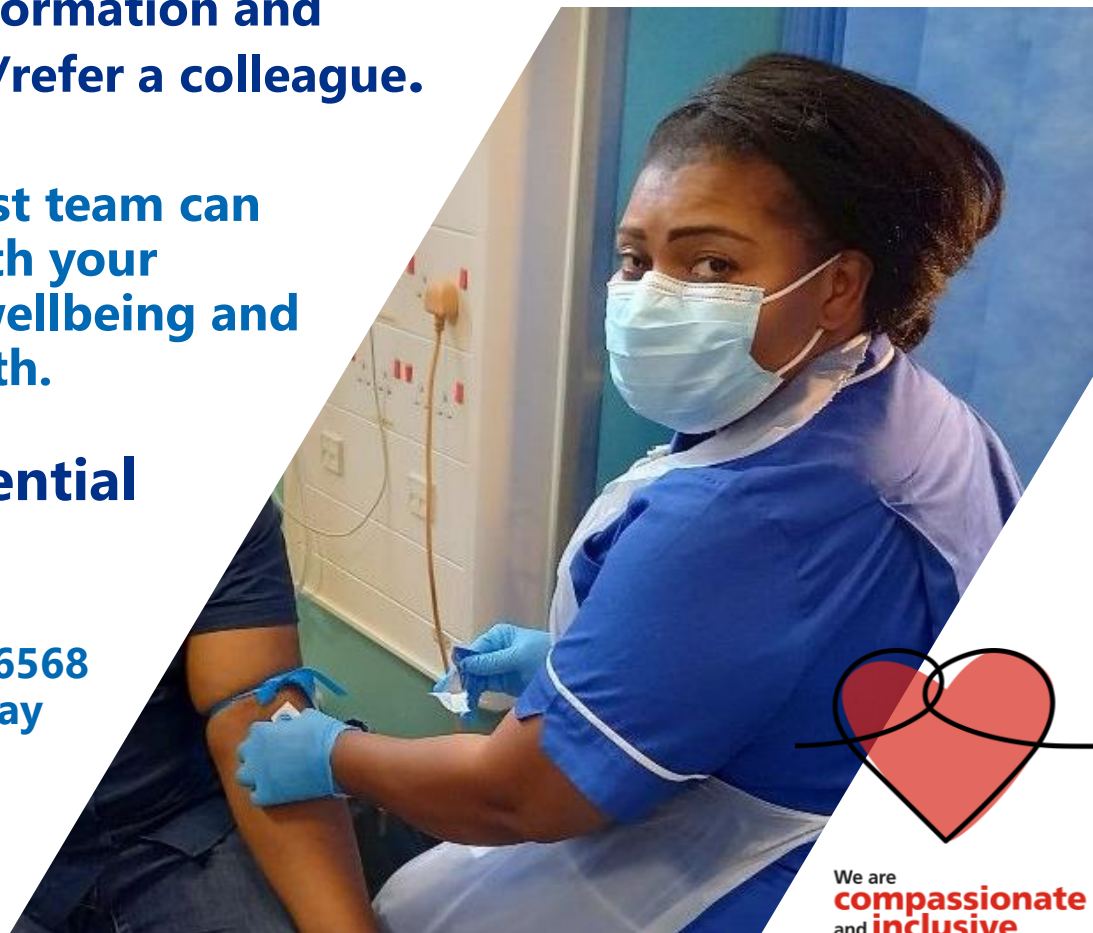
If you're going through a difficult time, you're not alone and help is available. Don't suffer in silence – the NHS is here to support you.

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
compassionate
and **inclusive**

Email: youmatter@oxfordhealth.nhs.uk