



CALL YM

0800 145 6568
(Mon-Fri 8am-4pm)



EMAIL YM

youmatter@oxford
health.nhs.uk



Online Portal

[https://youmatter-
bob.nhs.uk/](https://youmatter-bob.nhs.uk/)

Telephone Appointments

Typically 2-3 calls exploring:

- What difficulties are you experiencing?
- What support are you looking for?

Support Options

In our last appointment:

- Explore options of support that are best suited to your needs and goals
- Develop a tailored care plan together

Follow-up

1 month later

- How have things been for you?
- How you have found accessing support options?
- Opportunity to problem-solve and review next steps

What You Matter offers:

- Advice in navigating support options
- Support in building wellbeing strategies
- Facilitated referral including out of area referral if required*
- SHAPE recovery programme*
- Treatment options including CBT, IPT and Couple's Therapy for Depression*

What You Matter DOESN'T offer:

- Counselling
- Crisis support



Crisis Support for concerns regarding your safety:

- GP
- NHS 111
- Samaritans 116 123
- [Oxfordshire Safe Haven](https://www.oxfordshire.gov.uk/safe-haven) (01865 903 037)
- [Bucks Safe Haven](https://www.bucks.gov.uk/safe-haven) (High Wycombe 01494 218098; Aylsebury 01296 453017)

*Please note that we will need to complete our screening calls to assess whether some services or options are appropriate for your needs