

We can help you with

- Feeling down or hopeless
- Sleeping – too much, too little
- No interest or enjoyment
- Eating too much or not enough
- Feeling tired or having no energy
- Drinking more alcohol than usual
- Using non prescribed drugs
- Trouble concentrating
- Feeling nervous anxious or on edge
- Worrying, and trouble relaxing
- Becoming easily annoyed or irritable

What we offer

Full details can be found on our website

- Team sessions – Wellbeing Hubs
- REACT training - team managers
- Individual support
- Individual Clinical Screening
- Mental Health assessments
- SHAPE coaching
- CBT
- Couple's Therapy

How to contact us

Phone us

- Call 0800 145 6568
- Monday to Friday
- Excluding bank holidays
- 8am to 4pm

Email us

youmatter@oxfordhealth.nhs.uk



Online referral

Via our website:

www.oxfordhealth.nhs.uk/youmatter

Critical Care staff priority line

Every Friday – 8am-4pm
Call: 0800 145 6568



YOU MATTER

*Confidential support and
advice for Health and Social Care
staff*

0800 145 6568

Who we are

You Matter (YM) is an NHS Staff Mental Health and Wellbeing Hub offering a confidential conversation, mental health assessment, triage, signposting and facilitated referral for all staff employed in Health and Social Care in Buckinghamshire and Oxfordshire. The YM service is hosted by Oxford Health NHS Foundation Trust, on behalf of the BOB ICS. A second Hub, Wellbeing Matters provides services for West Berkshire.

For individuals we provide a safe and non-judgemental space to talk through what's on your mind, and if necessary, provide access to rapid clinical assessment and signposting to services.

For teams we offer up to four sessions that can help colleagues focus on looking after themselves and each other. We also provide a range of training for wellbeing champions, managers and team leaders.

New challenges – living with Covid-19

We are now looking ahead and having to learn how to live with Covid-19 where vaccinations and boosters will remain our first line of defence, but we understand that this could be difficult for some.

You may have worries about your own or your family's health and safety. You might be exhausted from juggling the pressures of home life and childcare, social isolation and the uncertainty that this period brings to all our lives.

What makes us unique

Our service was established as part of a national initiative set up by NHS England. The aim is to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. You Matter is confidential and free of charge for all health and social care staff.



It is open to **all** health and social care staff, from all services and settings regardless of whether you are dealing directly with Covid-19 patients or not.

You can self-refer or refer a colleague (with their consent). You Matter is:

- 1) Independent of IAPT.
- 2) Totally confidential.
- 3) A separate service to GPs and Employers – they have **NO access** to our electronic systems.

“I was very grateful that you were so accommodating about my difficulties with finding confidential spaces for the calls. This remains a barrier for me to access any support.”

