

Feeling anxious or low?

If you have problems with anxiety or depression you could also self refer to these free, NHS services:-

Oxfordshire:

Talking Space Plus

www.talkingspaceoxfordshire.org

(01865) 901 222

Buckinghamshire:

Healthy Minds

www.healthymindsbucks.nhs.uk

(01865) 901 600

Berkshire:

Talking Therapies

www.talkingtherapies.berkshire.nhs.uk

(0118) 976 9121 : Reading, Wokingham,
Newbury

(0300) 365 2000 : Bracknell, Slough,
Windsor, Ascot, Maidenhead

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو براہے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Oxford OX3 7JX

Switchboard: 01865 901 000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

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Talking Space

**Are you a doctor, dentist
or pharmacist in training?**
Are you stressed or distressed?

What is Medic Support?

This service offers a rapid response and a choice of brief Psychotherapy or Cognitive-Behavioural Therapy in accessible settings in Oxford, Thame and Reading.

You can refer yourself, or you can be referred by a colleague such as an educational supervisor, or occupational health physician.

Why this service?

Medical work is inherently stressful. We know that health professionals often find it difficult to acknowledge that they are stressed, or to ask for help.

You may feel your problems are not serious enough or that you should be able to cope on your own. Or you may feel that it's risky to discuss your feelings with others.

Work-related and personal difficulties may cause anxiety, stress, depression and unhappiness. Medic Support provides an opportunity to talk through such concerns in a confidential environment away from work, and has been found to help alleviate distress.

Some examples of the problems we have helped people to address include:

- Workload responsibilities & stress
- Conflict with colleagues + bullying
- Decision making
- Relationship and family troubles
- Grief and loss
- Response to trauma
- Emotional constraints
- Low self esteem

What Medic Support offers

Confidentiality: the service operates on the basis of strict confidentiality. Medic Support does not provide any reports to tutors, employing authorities or referrers without your agreement. Any concerns about confidentiality can be discussed at the assessment meeting.

Speed: the service offers an early assessment session which may be followed by up to 6 therapy sessions.

Choice: the service offers a choice of therapeutic approach (brief psychotherapy or CBT).

Flexibility: the service is flexible within working hours. Some early and later appointments are available.

Experience: The service is run by experienced NHS staff, each of whom has worked for the NHS for more than 20 years and has a special interest in occupational stress.

Who we are

The team is made up of experienced clinicians offering Cognitive Behaviour Therapy and Psychodynamic Therapy.

All clinicians are able to offer appointments at the May Davidson Building, Warneford Hospital, Old Road, Oxford, OX3 7JX.

In addition, some appointments can be offered at Thame Community Hospital, East Street, Thame, OX9 3JT, and Royal Berkshire Hospital, Reading, RG1 5AN.

How to contact Medic Support?

You can contact Medic Support confidentially by sending a brief email to:
medic.support@oxfordhealth.nhs.uk

Please leave a phone number that you would be happy to be contacted on. We aim to call you back within 5 working days to discuss any queries you may have, to tell you a little more about our service and to set up an initial appointment.

If you are unsure whether you want/need our help, please do not hesitate to get in touch to find out more about the service. We would be very happy to help you think this through.