



## Primary Care Wellbeing Service

Oxfordshire Mind offers a wellbeing service through GP practices in Oxfordshire.

Our Wellbeing Workers take a person centred approach in providing one-to-one support for people who may be experiencing mental health issues, or other social or lifestyle issues that are impacting on their wellbeing.

 **mind**  
Oxfordshire

# Here to support you...

Are you experiencing mental health challenges, or problems related to wellbeing?

Are you aged 16 or older?

Interested to know more about support available to you?

In a one-to-one appointment, your Wellbeing Worker can:

- **Listen**, giving you time to talk about the things that are important to you.
- Tell you about **services**, **resources** or **tools** that can support your wellbeing.
- Support you to think about **your goals**.

Our service does not offer counselling or therapy. Wellbeing Workers cannot offer diagnoses, or prescribe medication.

If you would like to speak to a Wellbeing Worker, ask your GP practice if they are participating.

You can book an appointment through the practice reception or via your GP.

“The guidance given was second to none... I'm incredibly grateful for the support.”

- Service User

## For more information:

<https://www.oxfordshiremind.org.uk/support-for-you/primary-care/>

**oxfordshiremind.org.uk**

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