



Oxford Health  
NHS Foundation Trust

Oxfordshire IAPT Service

# TalkingSpace PLUS

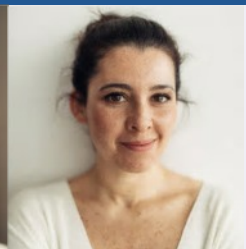
Overcoming Anxiety & Depression Together

Feeling low?  
Anxious? Stressed?

We can help you -  
let's start talking.

01865 901 222

[www.oxfordhealth.nhs.uk/talkingspaceplus](http://www.oxfordhealth.nhs.uk/talkingspaceplus)



Free NHS talking therapies for people in Oxfordshire