

Mental Health Information Booklet 2008

(Revised November 2008)

Banbury Area



The aim of this guide is to help you find services you need to get support and information.

Find it online:

www.oxfordshire.gov.uk
www.oxfordshirepct.nhs.uk

MENTAL HEALTH INFORMATION FOR BANBURY AREA 2008

ADVICE AND INFORMATION

Benefits for Better Mental Health. Free and confidential “benefits health checks”, and help with all aspects of the benefits system for people who experience mental health problems. Contact us for advice and to arrange appointments:

Tel: 07501 469384.

email: samantha.spurgeon@oxfordshire-mind.org.uk

Tel: 07754 999411.

email: david.bryceland@oxfordshire-mind.org.uk

Banbury Library Service Free use of computers for 30mins -1hour. Advisable to book in advance. Staff will help when possible in quiet periods.

Tel: 01295 262282.

email: banbury.library@oxfordshire.gov.uk

Banbury Benefits Advice Project Advice on all types of benefits, help for tribunals. Home visits available. Tel: 01295 255863.

email: bbaproject@btconnect.com

Citizens' Advice Bureau Banbury (CAB) Free, confidential, impartial advice and information on a wide range of subjects. Tel: 01295 255824

Dialability Oxfordshire Information service and telephone helpline.

Tel: 01865 763600.

email: helpline@dialability.org.uk

Information and Advocacy Service Help for in-patients in Oxfordshire's psychiatric wards and in the community across Oxfordshire.

Tel: (01865) 728981.

email: info@oxford-mentalhealth.org

MindinfoLine Mental health information service.

Tel: 0845 766 0163.

email: info@mind.org.uk

Oxfordshire County Council Details of County Council services, including education, health and social care, leisure and culture, consumer rights, community groups. Information about Self-Directed Support.

Tel: 01865 792422. www.oxfordshire.gov.uk

email: online@oxfordshire.gov.uk

Oxfordshire Mind Provides mental health services, housing projects, information line, therapeutic groups, information, campaigning.

Tel: 01865 263730. www.oxfordshire-mind.org.uk

email: info@oxfordshire-mind.org.uk

Oxfordshire Primary Care Trust (PCT) plans and provides local healthcare services in the community and funds your hospital treatment. The Patient Guide to Local Health Services in Oxfordshire contains information about how to access and make best use of local services. They welcome suggestions about how services can be improved, and encourage involvement of Service Users and Carers in the planning and development of mental health services.

Tel: 01865 336800.

www.oxfordshirepct.nhs.uk

Oxfordshire Rural Community Council Works to improve the quality of life for those living and working in rural Oxfordshire. Directory of Community Transport Schemes.

Tel: 01865 883191. www.oxonrcc.org.uk

email: orcc@oxonrcc.org.uk

Oxfordshire Short-Term Advocacy Scheme (OSTAS) Issue-bases short-term advocacy.

Tel: 01865 742690. www.oadg.org.uk

email: ostas@oadg.org.uk

Oxfordshire Mental Health Information Service (OMHI) Free and confidential information and advice on mental health issues and services.

Tel: 01865 247788.

email: info@oxford-mentalhealth.org

Patient Advice and Liaison Service (PALS) Information and advice on mental health services, and guidance for complaints.

Tel: 0800 3287971. 01865 226269.

email: pals@obmh.nhs.uk

Stop It Now! (UK & Ireland) Sexual Abuse concerns. Free and confidential helpline.

Tel: 0808 1000900. www.stopitnow.org.uk

email: office@stopitnow.org.uk

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West Oxfordshire Citizens Advice Bureau Rural Advice Project serving residents of West Oxfordshire, for people with disabilities or who are over 60 years, and find it difficult to get into the offices at Witney or Chipping Norton. Offers to check people are getting the benefits they are entitled to. Tel: 01608 646168. email: bureau@chippingncab.cabinet.org.uk

BLACK AND MINORITY ETHNIC GROUPS

Asian Youth Forum for young people aged 13-19 years, run by Oxfordshire Youth Support Services. Contact Mike Beal.
Tel: 01295 264665. email: Mike.Beal@oxfordshire.gov.uk

Banbury Asian Directory A comprehensive guide to access community groups, contacts, and services for Asian people. www.oxfordshire.gov.uk

Banbury District Racial Equality Council exists to lessen the existence and severity of discrimination on racial grounds. Provides support and interviews face to face.
Tel: 01295 264518 Margaret Ferriman. email: bdrec@btinternet.com

Britannia Road Children's Centre providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi.
Tel: 01295 264068. email: britanniaroad.fc@oxfordshire.gov.uk

Community Development Officer for the Indian, Pakistani and Bangladeshi communities. Working with families and individuals. Access to information, funding and services within Oxfordshire County Council. Banbury Asian Forum is an opportunity to meet with agencies that work with the Asian community. Contact Usha Masih.
Tel: 01865 323089. www.oxfordshire.gov.uk email: usha.masih@oxfordshire.gov.uk

Community Development Workers work with black and minority ethnic communities on mental health issues to promote increased awareness, and gain better use of primary care services.

Nigel Carter - 01865 264915
Mob: 07920726257 email: Nigel.carter@oxfordshirepct.nhs.uk

Neelam Rizwani - 01865 264936
Mob: 07717513615 email: Neelam.rizwani@oxfordshirepct.nhs.uk

Ben Lloyd Shogbesan - 01865 264937
Mob: 07717513617 Ben.lloyd-shogbesan@oxfordshirepct.nhs.uk

Oxfordshire Early Intervention Service A service for anyone aged between 14 and 35 that focuses on early detection of psychosis. Community Development Worker for black and minority ethnic communities: Muquodus Bajwa Ul-Hassan
Tel: 01865 226607. email: Muquodus.Ulhassan@obmh.nhs.uk

Ethnic Minority Business Service Computer training and business courses, friendly atmosphere. ESOL courses. Sewing groups open to all.
Tel: 01295 269999. email: dorothy@f2s.com

East Street Centre Lots of activities for all ages such as ESOL, Skills for Life, Children's Centre. Group for Asian carers. Contact: Lesley Bourne
Tel: 01295 266763. email: eaststreet.reception@oxfordshire.gov.uk

Language Line offers face to face and telephone translation and can be accessed through the service you want to use e.g. GP surgery, police, schools, local government services. Language Line operates 24 hours all year round.

North Banbury Children's Centre providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi.
Tel: 01295 271841. email: Northbanburychildrenscentre@oxfordshire.gov.uk

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Oxfordshire Chinese Community and Advice Centre Bilingual information, advice, interpreting and translation services. Computer and survival English classes, food safety training courses for caterers. Luncheon scheme, services for vulnerable elderly members. Recreational, cultural and leisure activities.
Tel: 01865 204188. Fax 01865 242188. email: occac@dsl.pipex.com

Oxfordshire Health Advocacy Service Helps clients from ethnic communities to access and use health services across the county. Contacts: Indian and Pakistani Communities 01865 264910; Bangladeshi Community 01865 264911; Chinese Community 01865 264912; Caribbean Community 01865 264913; Traveller Gypsy Community 07810 836136; Vulnerable Groups/Refugees & Asylum Seekers 01865 264914; Minorities Liaison Officer North Oxfordshire (Public Health) Robina Zafar 01295 819122

Oxfordshire Racial Equality Council Exists to support individuals who may experience discrimination in any form, and is the main agency in Oxfordshire empowered to monitor and evaluate race relations etc. Contact Patrick Tolani. Tel: 01865 791891. Fax: 01865 726150.

Sunshine Centre Children's centre providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi.
Tel: 01295 276769. email: community@sunshinecentre.org

CARERS

Carers' Centre Banbury Information, advice and support.
Tel: Office 01295 264545. Carer's Line 08457 125546. email: carers@ccnwoxon.org.uk

Carers' Support Service Oxfordshire wide support for carers around mental health issues run by Rethink. Tel: 01865 455878. www.rethink.org

Oxfordshire Mind Relatives' Support Group
Tel: 01865 750124. email: info@oxfordshire-mind.org.uk

Oxfordshire Carers' Forum is run by unpaid Carers, for unpaid Carers. It is the independent voice of Carers in Oxfordshire and signposts Carers to appropriate support, as well as influencing service provision for Carers.
Tel: 01993 706543. email: carers@oxoncarersforum.org.uk

Young Carers' Project Support for young people caring for others.
Tel: 01295 264545. email: veronica@ccnwoxon.org.uk

CHILDREN AND FAMILIES

Advisory Service for the Education of Travellers Support to ensure equal access to education for parents and children, including The Mobile Nursery.
Tel: 01865 256620. email: TravEd@oxfordshire.gov.uk

Childline Free helpline for children and young people.
Tel: Helpline:0800 1111. www.childline.org.uk

Counsellors Emotional and therapeutic support for young people aged 12-18 years on weekdays for Banbury School students. Contact Jenny Jobling and Robina Zafar.
Tel: 01295 251451.

Home-Start Free help to people with children under 5 years. Volunteers help parents going through difficult times. Support, friendship, practical help.
Tel: 01295 266 358.
www.home-startbanbury.org.uk e-mail: info@home-startbanbury.org.uk

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Oxfordshire Rural Children's Centre Project providing a range of services for children under 5 and their families in various rural areas.

See website for more details: www.oxfordshire.gov.uk/ruralchildrenscentre

Tel: 01865 456742.

email: RuralCCP@oxfordshire.gov.uk

Oxfordshire Services Directory (OSD) A directory of services for children, young people and families in Oxfordshire. A paper copy is available. Also operate Language Line, an immediate telephone interpretation service. www.oxfordshireservicesdirectory.org.uk

Tel: 08452 262636.

email: enquiries@oxoncis.org.uk

Parentline Plus Supports parents with teenagers. www.parentlineplus.org.uk

Tel: 0808 800 2222.

email: parentsupport@parentlineplus.org.uk

Primary Child and Adolescent Mental Health Service offers early brief one to one work with children aged 0-18years, by referral only. Advice about other sources of help. Consultation line for professionals. 01865 845760.

email: pcamhs@oxfordshire.gov.uk

Energize (Cherwell District Council) Holiday activities for children aged 5-16 years.

Tel: 01295 221719. Tel: 01295 221719.

email: Lisa.Darnell@cherwell-dc.gov.uk

Young Minds Is an organisation for children's and young people's mental health.

Tel: 020 7336 8445.

email: enquiries@youngminds.org.uk

COMMUNITY RESOURCES

Access Team is the main point of contact for adult social care services in Oxfordshire.

Out of hours emergency number: 0800 833408 (free phone).

Tel: 0845 0507666.

email: access@oxfordshire.gov.uk

ADAPT All age dementia project. Tel: 01865742745.

email: adapt@oadg.org.uk

Beacon Centre Drop-in, light refreshments, friendship and advice. All welcome, especially those with housing needs. 10-12.12pm on Monday, Tuesday and Wednesday. Thursday, except the second Thursday of the month. St Mary's Centre, St Mary's Church, Horsefair, Banbury.

Brackley Friday Group For people with severe and enduring mental illness. Activities and relaxation. Tel: 01280 840923.

CAPOLD provides advocacy for people with a learning disability.

Tel: 01865 741293.

email: capold@oadg.org.uk

Capricorn Club Daventry Service user run group. Facilities include pool table, table tennis, and games. Tel: 01327 877733.

Community Development Officer (Social and Community Services) help groups and communities to get access to information, funding and services within Oxfordshire County Council. Contact Graham Ablett Tel: 01280 706051.

www.oxfordshire.gov.uk

email: graham.ablett@oxfordshire.gov.uk

Community drop in at St Francis Church. Adults in Hardwick, Ruscot, and Ruscot area. Relax, talk, and make friends. Tuesday 11- 3.30, lunch at 1pm.

Parents or carers with tots experiencing stress and loneliness, Wednesday: 10.30am-12pm

Friday: 12.30-2pm, lunch for under 5's. Tel: 01295 254316 (Hazel) or 01295 275449 (Vicar)

Mind in Banbury Mental health information and advice, emotional and practical support.

Tel: 01295 271064. Mobile: 0750 842 8161

email: mindinbanbury@oxfordshire-mind.org.uk

Mind in Chipping Norton Mental health information and advice, emotional and practical support. Tel: 01608 271064.

email: mindinchippingnorton@oxfordshiremind.org.uk

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North Street Day Service Daventry Open access centre following the recovery model.
Tel: 01327 879416.

Oxford Survivors Drop in run by people who use mental health services.
email: oxford.survivors@supanet.com

The Mill Arts Centre Community arts centre running groups for all abilities and ages.
Tel: 01295 252050. www.themillartscentre.co.uk

Towcester Mind User-led centre offering activities and outings. Tel: 01327 354931.

COUNSELLING AND SUPPORT GROUPS

Clive Project Supporting younger people with dementia and their families and friends.
Tel: 01993 776295. www.thecliveproject.org.uk email: mail@thecliveproject.org.uk

Coasters Health and recovery through sport and challenging outdoor activities.
Tel: 01865 455882.

Domestic Violence help. Oxfordshire Women's Aid 0800 731 0055.
24 hour Freephone 0808 2000 247. email: support@owa.uk.com
Sahara (Asian Refuge) 0118 926 6333. Police Domestic Violence Units 0845 8505 505

Farm Crisis Network Helps farming people through difficult times, responds quickly and confidentially to requests for help.
Tel: 0845 3679990 every day 7am-11pm. email: mail@fcn.org.uk
www.farmcrisisnetwork.org.uk

GP Counsellors Contact your local GP surgery for further details.
www.oxfordshirepct.nhs.uk

Isis Centre NHS professional counselling and psychotherapy service open to Oxfordshire residents. Tel: 01865 556648.

MDF The Bipolar Organisation Members support group; journal; travel insurance & life assurance. Tel: 08456 340540.

NO PANIC Helpline for panic attacks, phobias, obsessive/compulsive disorders and anxiety disorders. Tel: 01952 590005.

Oxford Friend: Lesbian & Gay Helpline. Tel: 01865 726893. email: admin@oxfordfriend.co.uk

Oxford OCD Support Group Support group for sufferers of obsessive-compulsive disorder and carers. Tel: 07976 745871.

Oxford Sexual Abuse & Rape Crisis Centre Tel: 01865 726295. www.oxfordrapecrisis.net

Oxfordshire Complex Needs Service Therapeutic services for people with emotional or mental health problems covering Oxfordshire.
Tel: 01865 455872 or 01865 455815. email: tvi@obmh.nhs.uk

Oxon & Bucks Victim Support Confidential support to cope with the effects of crime.
Tel: 0845 4503883. email: oxandbucks@victimsupport.org.uk

Relate Banbury Offers relationships counselling. Tel: 01295 258141.

Samaritans - Banbury and District. Confidential support to those in emotional distress.
Tel: 01295 270000. email: jo@samaritans.org

Survivors of Bereavement by Suicide National Helpline. Tel: 0870 241337.

Therapeutic Groups Service Cognitive behavioural therapy based groups to help people learn to cope with anxiety or depression, build self-esteem or learn assertiveness techniques.
Tel: 01865 511702. email: info@oxfordshire-mind.org.uk

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DRUG AND ALCOHOL SERVICES

Alcoholics Anonymous Oxon Health Liaison Officer Advice on local meetings etc.
Tel: 01865 242373. National 08457 69755.

Al-Anon Family Groups Disturbed by someone else's drinking? Confidential helpline.
Tel: 0207 4030888.

Cranstoun Drug Services offers varied groups; family support; structured programmes; relapse prevention etc.
Tel: 01295 273511. www.cranstoun.org email: libra.banbury@btopenworld.com

Youth Support Service Support and information for young people about drug issues. One-to-one and group support offered. Contact Brendon Miller. Tel: mobile 07747765397.

EMPLOYMENT, TRAINING AND EDUCATION

Banbury Adult Skills Enterprise (BASE) Skills development and skills for life qualifications; online courses in literacy and numeracy through Learndirect. Based in Sunshine Community Centre. Contact Becky Ruffle.
Tel: 01295 276769. email: community@sunshinecentre.org

BASICS Workshops covering the essential information needed for working in many areas of mental health. Tel: 01865 728981. email: training@oxford-mentalhealth.org

Bridewell Organic Gardens Offers a range of land-based therapeutic activities.
Tel: 01993 868445 (office). email: info@bridewellorganicgardens.co.uk

Disability Employment Advisor Job Centre Plus. Support and advice in returning to work for people with a range of disabilities. Contact Balbir Dhesi. Tel: 01295 455021.

Job Centre Plus Incapacity Benefit Personal Advisor
Tel: 01295 455076 Contact Catherine Southam. www.jobcentreplus.gov.uk

New Start Adult Guidance Service Next Step Adviser. Advice on returning to work, including learning, job seeking, interview skills, CV's, retraining, voluntary work. Appointment only.
Tel: 01295 265160. email: north.newstart@oxfordshire.gov.uk

Oxford and Cherwell Valley College Banbury campus for higher education.
Tel: 01865 550550. www.ocvc.ac.uk email: enquiries@ocvc.ac.uk

Oxfordshire Employment Service Support people with a long-term health issues or disability to find and keep paid employment. Tel: 01865 791 606. email: oes@oxfordshire.gov.uk

Restore: LEaP The service supports people with mental health problems to enter work (paid or voluntary), start a business, or undertake work placements and courses.
Tel: 01295 276345. www.restore.org.uk email: leap@restore.org.uk

EXERCISE AND FITNESS

Exercise on Referral for certain physical, mental and emotional issues. Check with your own GP to see if you qualify for the scheme.

Green Gym Improving health and fitness through nature conservation activities.
Tel: 01296 330033. www.btcv.org.uk/greengym email: thamesandchilterns@btcv.org.uk

Health Walks Short local walks for people of all abilities, led by group leaders. A free, easy and beneficial activity. Tel: 01295 221628. email: wendy.kingsbeer@cherwell-dc.gov.uk

Spiceball Park Leisure Centre Offers a range of fitness and fun activities.
Tel: 01295 257522 www.leisure-centre.com

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HOUSING AND HOMELESSNESS SERVICES

BYHP (Supporting Young People in Housing Need) Drop in group for young people in need of support. Drops Ins held daily please phone for further information.

Tel: 01295 259442. www.byhp.org.uk

email: byhp@freeuk.com

Bromford Housing - Cherwell Floating Support Service for people with mental health needs. Tel: 01869 247073. www.bromford.co.uk

Charter Community Housing General needs housing. Nominations through Cherwell District Council.

Tel: 01295 816300 or 0845 0092500.

email: charter.info@sanctuary-housing.co.uk

Cherwell District Council For information on small repairs and housing grants.

Tel: 01295 221809.

e-mail: housing@cherwell-dc.gov.uk

Connection Floating Support Team Support vulnerable people with mental health problems and substance misuse issues to maintain housing.

Tel: 01295 701880. www.connectionfs.org

email: cn-banbury@btconnect.com

Foyer Project Supported housing for young people aged 16-25 years. Access via referral through Cherwell District Council.

Tel: 01295 270075.

email: ceridwen.deane@sanctuary-housing.co.uk

Gateway Project Supported housing for young families. No direct referrals. Tel: 01295 263174.

Julian Housing Project Direct access, emergency accommodation and resettlement support.

Tel: 01865 304600.

email: info@julianhousing.org.uk

Oxford Night Shelter Direct access, emergency accommodation and resettlement support.

Tel: 01865 304600. www.oxfordnightshelter.org.uk

email: info@oxfordnightshelter.org.uk

Oxfordshire Mind Housing Supported accommodation for people with mental health problems. Tel: 01865 263745.

email: john.white@oxfordshire-mind.org.uk

Stonham Housing Witney Short Stay Project supported housing for people with mental health problems. Tel: 01993 775550.

PSYCHIATRIC HOSPITALS AND DAY HOSPITALS

The Elms Centre, Banbury OX16 9AL. . Referral via GP. Day Hospital, Community Mental Health Team. Tel: 01295 819022. www.obmh.nhs.uk Out of hours 01295 819058.

Littlemore Mental Health Centre, Oxford OX4 4XN. Psychiatric Hospital.

Tel: 01865 778911.

www.obmh.nhs.uk

The Fiennes Centre, Banbury OX16 9BF Day Centre for adults over 65 years.

01295 229301.

www.obmh.nhs.uk

Warneford Hospital, Oxford OX3 7JX. Psychiatric Hospital and Day Hospital.

Tel: 01865 778911.

www.obmh.nhs.uk

Fulbrook Centre, Oxford OX3 7LE. Inpatient service for adults over 65 years.

Tel: 01865 223800.

www.obmh.nhs.uk

OLDER PEOPLE

Age Concern Oxfordshire Befriending, information and advice, day care etc.

The Place 5 White Lion Walk, Banbury OX16 5UD. Open 10am-2.00pm Monday to Friday

Tel: 01295 278040.

email: admin@ageconcernoxon.org.uk

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Banbury Evergreen Chinese Community Recreational activities and friendship, reducing isolation. Monday to Friday 11am-5pm.
Tel: 07828100813. email: beccbanbury@hotmail.co.uk

Highlands Day Centre Social stimulation for the elderly and socially isolated. Home-cooked meals. Tel: 01608 643320.

Oxfordshire County Council Guide to Services for Older People.
Tel: 01865 792422. www.oxfordshire.gov.uk email: scs@oxfordshire.gov.uk

Seniors Directory Lists a full range of services and amenities for over 50's in Cherwell. Produced by Cherwell District Council. Phone for a printed copy.
Tel: 01295 227907. www.cherwell-dc.gov.uk

WRVS Cornhill Centre Helps older people stay more active in their communities through a range of activities and services. Castle Street, Banbury.
Tel: 01295 264214. email: Elizabeth.reed@wrvs.org.uk

YOUNG PEOPLE

Connexions are a service to support young people across Oxfordshire through their teenage years. Help to work through issues in their lives and to achieve full potential. Contact Richard Savage. Tel: 01865 815144. email: askconnexions@oxfordshire.gov.uk

Face 2 Face Youth Counselling Service one-to-one counselling (free & confidential) for 13-19 year olds. Tel: 01993 892420. www.spired.com email: face2face@oxfordshire.gov.uk

Get Connected Helpline and email contact for young people with any kind of problem.
Tel: 0808 808 4994. www.getconnected.org.uk

Oxfordshire Early Intervention Service focuses on the early detection, rapid assessment and treatment of first episodes of psychosis in 14-35 year olds in Oxfordshire, emphasising family work and support for carers. Tel: 01865 226607. email: oeis@obmh.nhs.uk

Oxfordshire's Youth Support Service For details of youth centres and useful information for young people aged 13-19 years. www.spired.com

Banbury Youth Centre: 01295 264665 email: Mike.Beal@oxfordshire.gov.uk
Bridge Bar: 01295 273008 email: Karyn.Workman@oxfordshire.gov.uk
Sexual Health Worker, Janet Cullimore email: Janet.Cullimore@oxfordshire.gov.uk
Detached Youth Work Project: 01295 278077 email: Owen.Pinnock@oxfordshire.gov.uk

"Way Out" Project Gay and Lesbian social youth group.
Tel: 01865 243389. email: wayout@tht.org.uk

What About Me? Supporting young people when families break up – aged 6 years upwards. Tel: 01865 741781.

Young Carers' Project Outreach to young carers.
Tel: 01295 264545. email: veronica@ccnwoxon.org.uk

Young People and Self-Harm Information resource for young people who self harm, their friends and families and for professionals working with them. www.selfharm.org.uk

Youth Mentoring Service Mentoring is a voluntary one-to-one relationship between a young person and a trained supportive adult. It aims to make constructive changes in the life and behaviour of the young person. An Oxfordshire County Council service.
Tel: 01295 267833. email: Charlie.Holmes@oxfordshire.gov.uk

ਇਸ ਡਾਇਰੈਕਟਰੀ ਵਿੱਚ ਸਾਰਿਆਂ ਵਾਸਤੇ ਲਾਭਵੰਦ ਜਾਣਕਾਰੀ ਸ਼ਾਮਲ ਹੈ, ਜਿਸ ਵਿੱਚ ਦਿਮਾਗੀ ਮੁਸ਼ਕਲਾਂ ਤੋਂ ਸੰਬੰਧਤ ਲੋਕ ਵੀ ਸ਼ਾਮਲ ਹਨ। ਇਸ ਵਿੱਚ ਬੈਨਬਰੀ ਦੇ ਖੇਤਰ ਦੀਆਂ ਸੇਵਾਵਾਂ ਬਾਰੇ ਲਾਭਵੰਦ ਜਾਣਕਾਰੀ ਸ਼ਾਮਲ ਹੈ। ਜ਼ਿਆਦਾ ਜਾਣਕਾਰੀ ਵਾਸਤੇ ਕਿਰਪਾ ਕਰ ਕੇ ਹੈਲਥ ਐਡਵੋਕੇਟ (Health Advocate) ਨੂੰ 01865 264910 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Punjabi

هذا الدليل يتضمن معلومات مفيدة للجميع بمن فيهم الأشخاص ذوو مشاكل الصحة العقلية. انه يتضمن معلومات مفيدة عن خدمات منطقة بانبوري. لمعرفة المزيد، يرجى الاتصال بمستشار الصحة على 01865 264194.

Arabic

এই ডাইরেক্টরীতে সকলের জন্য, এমন কি যাদের মানসিক স্বাস্থ্য সংক্রান্ত সমস্যা আছে, তাদের জন্যও দরকারী তথ্য দেওয়া হয়েছে। ব্যানবেরি এলাকাতে যে সব সেবা বা সার্ভিস পাওয়া যায় সেই বিষয়ে প্রয়োজনীয় তথ্য এখানে আছে। এই বিষয়ে আরও জানতে হলে অনুগ্রহ করে হেলথ অ্যাডভোকেট (স্বাস্থ্য সংক্রান্ত পরামর্শদাতা) - কে 01865 264911 নাম্বারে টেলিফোন করবেন।

Bengali

本商行名錄，內含對每位讀者包括精神方面有問題的人們實用的資料，它涵蓋了 BANBURY 地區各類服務的有益資訊。

欲知詳情，請電洽：01865-264912 衛生提倡單位。

Chinese

W tym informatorze zawarte są pożyteczne dla każdego informacje, w tym także dla osób z problemami zdrowia psychicznego. Zawiera on pomocne informacje dotyczące usług na terenie Banbury. W celu uzyskania dalszej informacji proszę skontaktować się z Rzecznikiem Zdrowia, pod numerem 01865 264914.

Polish

اس ڈائریکٹری میں سب کیلئے مفید معلومات ہیں بشمول ان لوگوں کے جن کو دماغی صحت کا کوئی مسئلہ ہے۔ اس میں بینبری کے علاقے میں ملنے والی مددگار سہولتوں کے بارے میں معلومات ہیں۔ اس کے بارے میں اگر آپ کچھ اور پتہ کرنا چاہتے ہیں تو اس نمبر پر 01865 264910 پر صحت کے نمائندے سے رابطہ کریں۔

Urdu

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