



Mental Health Awareness Week - Support Is Available Across Oxfordshire

Today marks the beginning of Mental Health Awareness Week. The theme of the week this year is kindness – over the past couple of months we've seen the importance of kindness in uncertain times.

However, while it's important to look out for others at the moment, it's equally important to be kind to yourself too.

We're here to remind you that support is out there if you need it.

The Mental Health Foundation has specific advice on how to look after your mental health during the pandemic: <https://www.mentalhealth.org.uk/coronavirus>

You can also create a personalised plan of activities on Public Health England's Every Mind Matters site: <https://www.nhs.uk/oneyou/every-mind-matters/>

Help is available across Oxfordshire:

Buckinghamshire & Oxfordshire Mental Health Helpline: 01865 904997 (24/7). Can provide support and advice for anxiety, low mood, stress, feeling helpless and difficulty with relationships.

Oxfordshire Mind Information Line: 01865 247788. Open 9.30am-4.30pm Monday to Friday.

For more information on accessing support services in your area, you can call Mind's infoline on 0300 123 3393 between 9am and 6pm Monday-Friday.

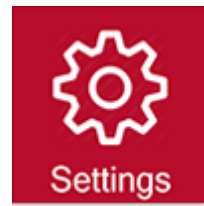
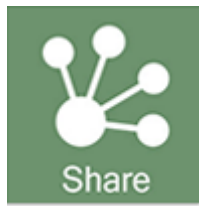
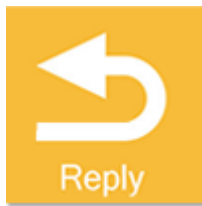
If you're struggling to cope, you can call the Samaritans 24/7 helpline on 116 123. Support is always out there if you need it.

You can find out more about how we're supporting Mental Health Awareness Week on our social media channels and join in the conversation using #KindnessMatters and #MentalHealthAwarenessWeek.

Message Sent By

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