

WE ARE BETTER  
**TOGETHER**  
The Oxfordshire Mental Health Partnership

OXFORDSHIRE  
**HOMELESS**  
**MOVEMENT**  
Nobody should have  
to sleep rough on  
our streets

OXFORDSHIRE  
**HOMELESSNESS**  
**ALLIANCE**

“  
**GET  
OXFORDSHIRE  
TALKING**  
”

**FOR WORLD MENTAL HEALTH DAY &  
WORLD HOMELESS DAY**

**OCTOBER 10**

## “ GET OXFORDSHIRE TALKING ”

### START A CONVERSATION ABOUT MENTAL HEALTH & HOMELESSNESS

#### WHO ARE WE?

Oxfordshire Mental Health Partnership, Homeless Oxfordshire and the Oxfordshire Homeless Movement are a group of organisations, collaborating to Get Oxfordshire Talking about mental health and signpost help and support.

#### WHY COLLABORATE?

Poor mental health can be both a cause and a consequence of homelessness. We're reaching out to organisations across Oxfordshire to ask them to share this message on Monday 10th of October to show your support for both mental health and homelessness.

#### WHAT ARE WE DOING?

On 10th October - with your help - we're creating 'Talking Points'. Public spaces that give people a chance to talk, listen and change lives. Hundreds of supportive spaces to Get Oxfordshire Talking.



**#GETOXFORDSHIRETALKING**

# “ GET OXFORDSHIRE TALKING ”



## WHAT YOU CAN YOU DO?

Help us to create 'Talking Points'. Table-top signage is attached, and we need help to share this across Oxfordshire to ensure cafes, bars, libraries, and meeting places all have Talking Points on 10th October.

1. Share it with cafes, venues etc
2. Share it on social media (using our social media toolkit)
3. Print and share our posters in this toolkit
4. Talk to people

## JOIN US ON THE DAY

Get involved on World Mental Health Day and Homeless Day. Follow our Facebook event page to find where our representatives are hosting Talking Points. Fancy a chat? Be sure to drop by.

What are you doing to Get Oxfordshire Talking? Share your efforts by posting on our Facebook event page. We'd love to see what you are up to!

## ONLINE EVENT

Get involved online by sharing the questions and posts in our social media toolkit, which you can download via our Facebook event page. Follow the hashtag #GetOxfordshireTalking to get updates throughout the day.



SCAN ME

**#GETOXFORDSHIRETALKING**

# WHY IS TALKING IMPORTANT?

We want everyone to feel comfortable talking about mental health – whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can speak openly about mental health and feel empowered to seek help when we need it.

That's why opening up the conversation about mental health problems is so important – by talking about it we can support ourselves and others.

## HOWEVER YOU DO IT, HAVE A CONVERSATION ABOUT MENTAL HEALTH.

Sometimes, asking 'how are you' can generate an automatic 'I'm fine' response. This World Mental Health Day, try opening a conversation with a different question...



**1 IN 4 OF US WILL EXPERIENCE A MENTAL HEALTH PROBLEM IN ANY GIVEN YEAR.**

**What is going well at the minute, and what is one thing you would like to change?**

**What's something nice you did for yourself this week?**

**What's your day (or week) been like so far?**

**What's one thing you're looking forward to?**

**What's on your mind this morning/afternoon/evening?**

**#GETOXFORDSHIRETALKING**



This table is for people who'd like to talk  
On World Mental Health Day  
and World Homeless Day,  
we're launching  
#TalkingPoints, creating  
space for us to help one  
another and ourselves.

# THIS IS A #TALKING POINT



**Did you sit at this  
table? Please tell  
us what you think**



Please remember to be safe. Most people are kind but do not put yourself in a vulnerable position.

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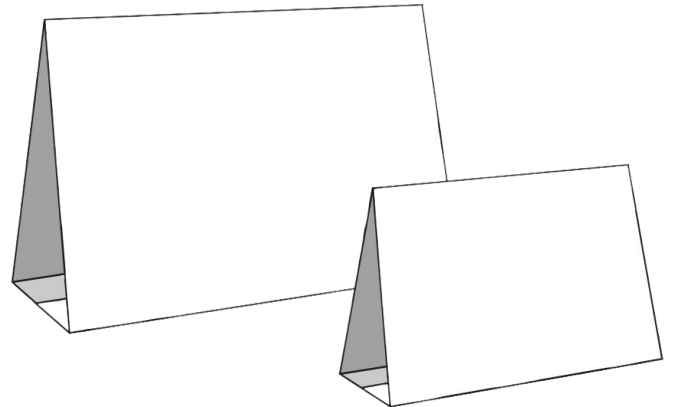
# GLUE TAB

# GLUE TAB



## INSTRUCTIONS:

1. Fold along the dotted line in the middle, make a #TalkingPoints tent.
2. Cut out the bottom of the tent and fold along the middle in the same way; fold the glue tabs the other way to make an accordion effect.
3. Glue each pink tab to both sides of the #TalkingPoints tent. Make sure they are on the inside so we can't see them.



# CRISIS SUPPORT

If you, or someone close to you, requires emergency help please:



**DIAL 111**

For mental health advice and support at any time day or night call Oxfordshire 24/7 NHS Mental Health Helpline via NHS 111.

Contact your General Practitioner (GP) if you are experiencing mental health problems and are not known to local mental health services.

Oxfordshire Safe Haven is open every day for people who are experiencing a mental health crisis. The service provides a safe, and welcoming space for in person and phone support for people who are feeling distressed and are struggling to cope. Opening hours: 11.30am-9.30pm (closed between 4pm-5pm) seven days a week, 365 days a year.



01865 903 037



[osh@oxfordshiremind.org.uk](mailto:osh@oxfordshiremind.org.uk)

Call Samaritans for emotional support on the phone, 24 hours a day 365 days a year by dialling 116 123.

Call CALM (Campaign Against Living Miserably) if you're in the UK and need to talk or find support, on 0800 58 58 58 (5pm-midnight, 365 days a year).

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The Oxfordshire Mental Health Partnership (OMHP) is made up of 6 mental health service providers: Connection Support, Elmore Community Services, Oxford Health NHS Foundation Trust, Oxfordshire

Mind, Response, and Restore. Our mission is to support recovery, hope and ambition. We do this by being compassionate, creative and collaborative. We wish to transform and innovate services to be more responsive to our service users' and their carers' needs.

**OXFORDSHIRE**  
**HOMELESS**  
**MOVEMENT**

Nobody should have to sleep rough on our streets

Oxfordshire Homeless Movement is a partnership aiming to ensure nobody sleeps rough on our streets, by bringing greater visibility to all of Oxfordshire's work in this area, guiding volunteers, supporters and

people experiencing homelessness. Project work focuses on filling the critical gaps in services that others can't, our team includes those with lived experience of homelessness as we seek to be guided by those who have experienced homelessness through the Lived Experience Advisory Forum means our work remains relevant and needed.

**OXFORDSHIRE**  
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The Oxfordshire Homelessness Alliance's programme of work seeks to prevent and resolve homelessness so that no one sleeps rough in Oxfordshire. Partners have come together to improve service delivery and

client outcomes for homeless adults and adults at risk of homelessness in Oxfordshire. Partners include: A 2 Dominion, Aspire, Connection Support, Elmore Community Services, Homeless Oxfordshire, St Mungo's

**#GETOXFORDSHIRETALKING**



# GET OXFORDSHIRE TALKING

ARE YOU OKAY?

NOT REALLY

October 10th is World Mental Health Day and World Homeless Day. Mental health problems and homelessness can affect anyone, any day or time of the year. The Oxfordshire Mental Health Partnership is encouraging you to talk about your feelings. For more information scan here or visit:



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