

MENTAL HEALTH RESOURCES

ANXIETY

Anxiety UK

Phone: 03444 775 774

Text: 07537 416 905

Email: support@anxietyuk.org.uk

No Panic

Phone: 0300 7729844

Email: info@nopanic.org.uk

OCD UK

Phone: 03332 127 890

Email

OCD Action

Phone: 0845 390 6232

Email: support@ocdaction.org.uk

Triumph over Phobia (TOP UK)

Phone: 01225 571740

Text: 07907 344669

Email: info@topuk.org

NHS England

The NHS has information on symptoms of anxiety and potential treatments.

ANXIETY SERVICES IN OXFORDSHIRE

Talking Space Plus

Talking Space Plus is a free NHS IAPT service for Oxfordshire.

Online referral form

Phone: 01865 901 222

Email: talkingspaceplus@nhs.net