

WE ARE BETTER TOGETHER

The Oxfordshire Mental Health Partnership



www.omhp.org.uk

The Partnership

The Oxfordshire Mental Health Partnership (OMHP) is the coming together of six award-winning, specialist mental health organisations, which includes, Response, Connection Support, Restore, Oxfordshire Mind, Oxford Health NHS Foundation Trust and Elmore Community Services. Each brings with it a specific area of expertise and resource.

The Partnership is dedicated to creating positive changes and initiatives that directly improve the lives of people living with mental health illness. To do this, we put the person at the centre of everything. We asked what do people really want and need? What are the key areas where we can deliver, influence and enhance recovery and how can we truly support life-enhancing outcomes?

Our belief

By working together we will create better services and provide support that promotes quality of life for people with mental health illness.



Our services

Effective recovery is a holistic approach that includes support, in-patient care, appropriate housing, community services, better physical health, social opportunities and much more. OMHP provides a complete recovery package to support someone on their journey. The Partnership means better outcomes for recovery. Working towards:

- **A better range of services to prevent hospital admission**
- **Improved discharge planning**
- **Single point of access**
- **Paid peer support opportunities**
- **Enhancing communication with GPs**
- **Developing the partnership and beyond**



Physical health

OMHP is committed to working with the 'whole person' and treating physical and mental health needs together. Over the last two years OMHP has developed a physical health initiative, 'It's Everyone's Business'. Through increased awareness we link people into a variety of health promoting initiatives including smoking cessation groups, peer supported exercise, information courses, healthy eating, sports and a range of activities.

Meaningful Activity, Education, Voluntary Work, Training and Employment

There are huge benefits to staying involved and keeping active.

We support people to follow pursuits that allow a person to grow in connection, confidence and contribution through development of skills, education, vocation or relationships. As a Partnership we are committed to supporting people to engage in activity. We are increasing the amount of opportunities for people to take part on activities through providing peer support, short courses at our Wellbeing Hubs and Recovery College, developing paid peer support roles across Oxford Health, providing volunteering opportunities and linking people into the wider community.

Volunteers

Volunteers are essential to our Partnership enabling us to provide more and better services. If you want to make a difference to people's lives, share your skills and experiences then please contact us. We provide training, support and we have all sorts of opportunities across the Partnership. To find out more please go to www.omhp.org.uk

'The partnership is fantastic! In the all the years I have worked in mental health this is the first time organisations have really come together to improve services for people.'

Family and Friends

Family and friends are the backbone of recovery and quality of life for 1,000s of people in Oxfordshire who live with mental health issues. Without them, people would endure worsening mental health, exclusion and isolation.

We're here to support the amazing job they do. If you're a family member or friend of someone who uses our services, find out more about how we can help please visit: www.omhp.org.uk

Contact

Warneford Hospital reception: 01865 901000

What to do in a Crisis:

www.oxfordhealth.nhs.uk/support-advice/what-to-do-in-an-emergency

You can Contact Individual Organisations:

To find out more about the OMHP organisations please visit:

Connection Floating Support - connectionsupport.org.uk

Elmore Community Services - elmorecommunityservices.org.uk

Oxford Health NHS Foundation Trust - oxfordhealth.nhs.uk

Oxfordshire Mind - oxfordshiremind.org.uk

Response - response.org.uk

Restore - restore.org.uk

We thank the Oxfordshire Clinical Commissioning Group (CCG) and Oxfordshire County Council not only for their innovative approach to commissioning services, but also for the support they have given to the partnership since its inception.

‘Any services or external support I need is signposted to me and accessed by my key worker in a prompt and effective manner.’