

Who are we?

The team consists of fully trained staff from Just Wellbeing.

They provide a safe and supportive environment for those experiencing, or prevention of, a health crisis
The staff at The Oasis listen without judgement and they respect people at all times.

www.justwellbeing.org.uk

Where are we?

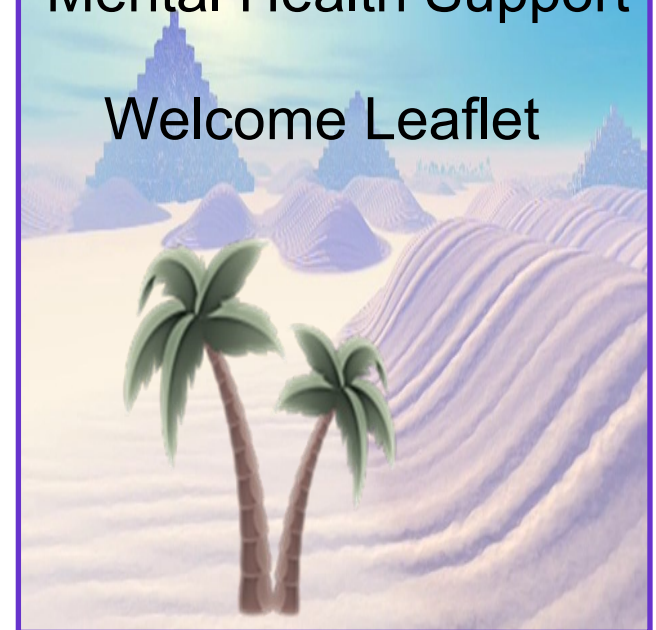
Just Wellbeing
86 Cove Road
Farnborough
Hants
GU14 0EU

**Updated Service during
Covid 19
Monday 30th March 2020
Until further notice**

The Oasis

Out of Hours
Mental Health Support

Welcome Leaflet



The Oasis

Opening Times

6.30pm to 9.30pm
Seven days a week
Open Bank Holidays

Everyone is welcome.

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We believe in respecting and maintaining your confidentiality. We will not share your personal information unless we have your permission or we have to because of our duty of care to protect your health, safety and wellbeing and that of others.



What to do

Contact us on our free phone number 0800 772 0527
Or Text 07879 376286

A member of staff will answer the phone or text you back. You will be given one of the following:

- ◇ Phone call back
- ◇ Video call using Zoom
- ◇ In a crisis, a face to face timeslot.

Update of Service

While in this current situation, we have expanded our services.

- ◇ Phone call back. A member of staff will call you and offer you support.
- ◇ Video call using Zoom. Zoom is a video service similar to facetime. and skype. A member of staff will guide you through the process
- ◇ Face to Face. If in Crisis You will be given a timeslot to come in during our opening hours. The social distancing will need to be kept within the Oasis. You will be able to sit in the main room and talk to a member of staff.

Support on Offer

- ◇ 1 to 1 support to help you manage your crisis.
- ◇ Support with crisis planning
- ◇ The opportunity to set goals to help in your recovery
- ◇ Information on local services
- ◇ The opportunity to learn new skills to cope with your emotions