



**FREE MENTAL HEALTH SUPPORT
ACROSS OXFORDSHIRE**

Restore can support you, or someone you know, to gain skills, build confidence and develop connections with others.

Activity



Therapeutic groups, developing skills and confidence.

Coaching

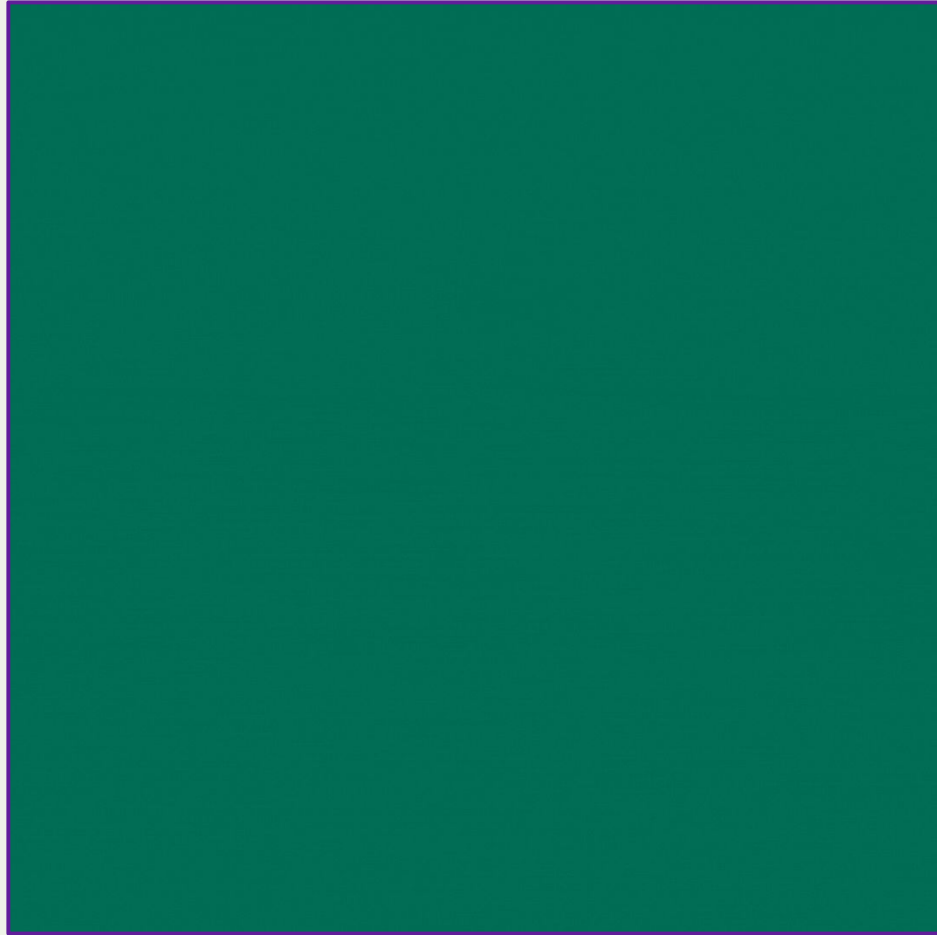


Support towards work, volunteering and study.

Learning



Courses and training for individuals, businesses and the community.



“Restore offers a safe space where there is support available but there’s also no judgement, which means that I can be me and don’t have to wear a mask which can be very tiring.”

500+

Individuals
supported a year

40%+

Coachees supported
into work

86%

Felt empowered &
well-supported

“Restore has changed my life. Without it I was housebound and had terrible anxiety and panic attacks. There is a great atmosphere there.”

500+

Individuals supported a year

40%+

Coachees supported into work

86%

Felt empowered & well-supported

“My voice matters here, and I feel like and actual person instead of a problem of generic list of symptoms”

500+

Individuals supported a year

40%+

Coachees supported into work

86%

Felt empowered & well-supported

Get Support. Get Involved. Get In Touch

01865 455821
restore.org.uk

