



Sheffield Psychology Board.

Respect.

People first.

Quality.

Partnership.

Sheffield Covid-19: People with learning difficulties

We know this is a difficult time. The following information is for people with learning disabilities and their families and carers.



Online support

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

Sheffield Mental Health Guide

<https://www.sheffieldmentalhealth.co.uk/covid>



Voluntary Action Sheffield

<https://www.vas.org.uk/what-we-do/covid19/>



24-hour mental health telephone lines

24/7 telephone lines are available for urgent mental health support and advice.



Call 0114 226 3636 if you require urgent mental health support for yourself



Key-workers

If you are a health or social care professional working for an agency such as the police, ambulance service, local authority, NHS, social care provider or other similar organisation and require urgent mental health support for yourself.

Call 0114 226 3797

More support information over the page





IAPT

Improving Access to Psychological Therapies (IAPT) supports the psychological well-being of people in Sheffield.

Call 0114 226 4380 if you would like to find out more about the support on offer.

Visit their website:

<http://iaptsheffield.shsc.nhs.uk/>



Community Learning Disability Team (CLDT)

The CLDT offers a Monday to Friday, 9-5 service that supports the mental and physical health needs of adults with learning disabilities.

Call 0114 226 1562 if you would like to find out more about the health support on offer.



Other Useful Numbers

Call NHS 111 if you are worried about your health.

Sheffield Social Services - Call 0114 273 4908
(24 hours a day, 7 days a week)

Samaritans - Call 0114 2767277 if you need to talk to someone.

Call: 999 if you require serious or life-threatening immediate emergency mental or physical health assistance, call 999.



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