



Sheffield Psychology Board.

Respect.

People first.

Quality.

Partnership.

Sheffield Covid-19: Adults and Mental Health

Much has changed for all of us since we were asked to stay home to stay safe. You might be experiencing some difficult feelings at the moment, including stress, anxiety, guilt or anger. There is no right or wrong way to feel or react to your situation.



It is okay not to feel okay.

We are, however, here to help and support you through this difficult time. It is important to still seek support. Here are the details of places where you can get help if you're experiencing mental health difficulties or distress during the lockdown - even if you've never experienced these issues before, we really encourage you to get support as soon as you can.



I would like to talk to somebody...

0114 226 3636

Provided by the Sheffield Health and Social Care NHS Foundation Trust. The line is available 24 hours a day, 7 days a week for urgent mental health support, advice and triage.



I would like online help and support...

<https://iaptsheffield.shsc.nhs.uk/coping-with-coronavirus/>

Sheffield Improving Access to Psychological Therapies Service (IAPT) website contains lots of useful self-help information, brief 'psychological first aid', a 'Coping with Covid' course and a range of 1:1 or group treatments over the phone or online.



I want to know what other support is available...

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

The Sheffield Mental Health Guide features a host of information about support that is available across the city around adult mental health services, children and young people's mental health services and general support.

