



Sheffield Psychology Board.

Respect.

People first.

Quality.

Partnership.

Sheffield Covid-19: Keyworkers

Leaving your house to go into work during the coronavirus (COVID-19) outbreak might feel like a stressful time. You might be experiencing some difficult feelings at the moment, including stress, anxiety, guilt or anger. There is however 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, whether you are experiencing new feeling or things you've experienced in the past. We've listed below a variety of different sources of help and support.



I would like to talk to somebody...

0114 226 3636 (anybody) **0114 226 3797** (agency workers - police, ambulance, local authority or similar)

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

The Every Mind Matters website contains expert advice and practical tips to help you look after your mental health and wellbeing.

<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 need help with bereavement and coping with grief...

0800 048 5224

Accessible through a freephone number, the Listening Ear service offers meaningful support, advice and guidance to anyone who has been bereaved during the Covid-19 Pandemic. Available Monday-Friday between 10am and 5pm.



I want help coping with stress...

<https://stresscontrol.org/>

Stress Control is a national resource that will teach you skills to fight stress and boost your wellbeing.



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.



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