



# Sheffield Psychology Board

Respect

People first

Quality

Partnership

## Sheffield Covid-19: Adult Carers of Adults

Much has changed for all of us since we were asked to stay home to stay safe. Looking after your own and someone else's health may be particularly difficult. You might be experiencing some difficult feelings at the moment including stress, anxiety, guilt or anger.



**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 272 8362** or email **support@sheffieldcarers.org.uk** Sheffield Carers Centre, Carer Advice Line is available Monday -Friday 10am -4pm. Call to speak about any issue related to your caring role.

**0114 271 8022** or email **chaplains@shsc.nhs.uk** Sheffield Health and Social Care Chaplaincy are offering support for mental health carers and relatives. They can offer this support either over the phone or email.

**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.

**116 123** or email **jo@samaritans.org** The Samaritans provide a confidential 24 hours listening and support service for children and adults who are generally feeling stressed.



**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...**

Visit **<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.

Sheffield Children's **NHS**  
NHS Foundation Trust

**NHS**  
Sheffield Health and  
Social Care  
NHS Foundation Trust

**NHS**  
Sheffield  
Teaching Hospitals  
NHS Foundation Trust

**NHS**  
Sheffield  
Clinical Commissioning Group



**saffron**  
Sheffield Women's Counselling  
and Therapy Service

**Share**  
Excellence in Psychotherapy

**SYEDA**  
Sheffield Young Efficacy and Development Agency

**mind**  
for better mental health  
Sheffield

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