



Sheffield Psychology Board

Respect

People first

Quality

Partnership

Sheffield Covid-19: Armed Forces Community

Much has changed for all of us since we were asked to stay home to stay safe. You might be experiencing some difficult thoughts or 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...

0808 802 8080 or email info@britishlegion.org.uk

British Legion are offering advice and guidance on what support is available locally to you.

07483 214 925

SSAFA South Yorkshire provide support to serving men and women and veterans from the British Armed Forces and their families or dependent. Monday to Thursday 10.00-12.00

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 am a family member...

0114 258 4489 or email therapy@sheffieldmind.co.uk

Keeping Families in Mind supports families of serving and veteran military personnel. Call or email for a referral form and to get more information, advice about mental health support specifically designed for military families.



I would like online help and support...

<https://iaptssheffield.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. Priority will be given for support which is service related.



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.

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 People's Mental Health Service

mind
for better mental health
Sheffield

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FLOURISH