



Sheffield Psychology Board

Respect

People first

Quality

Partnership

Sheffield Covid-19: Care Home Workers

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 3797

A helpline for health and social care staff if you require urgent mental health support, provided by the Sheffield Health and Social Care NHS Foundation Trust. The line is available 24 hours a day, 7 days a week.



I would like online help and support...

Every Mind Matters

contains expert advice and practical tips to help you look after your mental health and wellbeing.

Sheffield IAPT

Sheffield Improving Access to Psychological Therapies Service (IAPT) 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.

Going Home Checklist encourages mindfulness and reflection at the end of a working day.



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

0800 048 5224

Listening Ear is a freephone helpline offering support, advice and guidance to anyone over the age of 11 in Sheffield, who is bereaved during the Covid-19 crisis.

0333 3445659

Here to Hear is a Sheffield based multi-faith, multi-language pastoral helpline for anyone affected by bereavement, 10am - 4pm.



I want help coping with stress...

Stress Control

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

Staff Self Care Tree

A visual poster on managing prolonged stress at work and at home during the COVID-19 pandemic.



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

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 Foundation Trust


Sheffield Health and
Social Care
NHS Foundation Trust


Sheffield
Teaching Hospitals
NHS Foundation Trust


Sheffield
Clinical Commissioning Group



saffron

Sheffield Women's Counselling
and Therapy Service

Share
Excellence in Psychotherapy

 **SYEDA**
Sheffield Young People's Mental Health Charity


for better mental health
Sheffield

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FLOURISH