



# Sheffield Psychology Board

Respect

People first

Quality

Partnership

## Sheffield Covid-19: Older People and Mental health

Much has changed since we were all asked to stay home to stay safe, and for some of us to shield. You might be experiencing some difficult feelings at the moment, including anxiety, loneliness 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 2584489** Sheffield Mind have a listening ear service for those 50+ who are isolated, lonely, worried or just want to talk. You can call Mon-Fri 9-5.
- 0800 4708090** Silver Line is a 24/7 telephone service for older people.
- 0114 2057120** Voluntary Action Sheffield can make emergency referrals for anyone over 70 who is struggling.
- 0114 250 2850** Age UK (Sheffield) are currently offering telephone support and advice.



**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.

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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