



# Sheffield Psychology Board

Respect

People first

Quality

Partnership

## Sheffield Covid-19: Primary Care Staff

Covid-19 has placed exceptional demands on people working in health care. As we enter a time of pressure and anxiety for the population and for its health services, we need to make sure mental health and wellbeing is at the forefront of our minds. This is as important for health workers as it is for your patients. Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak.



### It is okay not to feel okay

We are however here to help and support you through this difficult time. We've listed below a variety of different sources of help and support.



### I would like to talk to somebody...

**0114 226 3797** This is a local professionals helpline provided by the Sheffield Health and Social Care NHS Foundation Trust, available 24/7

**0300 131 7000** National free wellbeing support helpline, 7am-11pm, seven days a week. It provides confidential listening from trained professionals and specialist advice, including coaching, bereavement care, mental health and financial help.

Text **FRONTLINE** to **85258** A 24/7 text alternative to the above helpline



### I would like online help and support...

<https://iaptsheffield.shsc.nhs.uk/coping-with-coronavirus/>

The Sheffield IAPT service can be accessed directly (without the need for a GP referral). In addition to their normal portfolio of services, psychological first aid will be offered along with a 4 week 'Coping with COVID Course' to support people with psychological distress relating to the Covid-19. You can also call them on 0114 226 4380.

<https://people.nhs.uk/>

There are a host of other wellbeing and support services available to staff available via the NHS People website



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

**0800 048 5224** A locally commissioned 'Listening Ear' bereavement service, available Monday-Friday between 10am and 5pm. Further information is also available via their website - <https://listening-ear.co.uk/refer/>

**0300 303 4434** A national bereavement and loss support line is also available, between 7am -11pm



### 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.

