



# Sheffield Psychology Board

Respect

People first

Quality

Partnership

## Sheffield Covid-19: Refugees and Asylum Seekers

Coping with life during Covid-19 is hard. You may feel more sad, afraid, angry, worried or confused than usual. There is help for you.



**It is okay not to feel okay**

Here are the details of places where you can get help if you're experiencing mental health difficulties or distress during the lockdown.



**I would like to talk to somebody and find out about what support is available to me...**

Call or text Alexi: **07494036559** Or Jan: **07419348379**

The 'Migrant Covid 19 Support Group', coordinated by City of Sanctuary Sheffield and supported by staff and volunteers from across the movement, has been developed to ensure that those seeking sanctuary are supported and connected during the current pandemic. As well as the group providing support, it is also designed to get you to the correct service you need. Including: advocacy, food bank referral and other help. The phone line is staffed 10am-4pm Monday-Thursday. People can leave a message outside of these times. <https://sheffield.cityofsanctuary.org/migrant-covid-19-support-group/>



**I would like online help, resources and support...**

**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.

**NHS Avon and Wiltshire Mental Health Partnership** a link that provides a resource about managing anxiety and is translated into a variety of languages.



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

**The City of Sanctuary Sheffield** have provided a resource of all of the main organisations supporting refugees and asylum seekers in Sheffield which is being updated during this time.

**The Asylum Journey** website has information about the services and resources for asylum seekers and refugees in Sheffield, including Covid-19 service updates. Covering all stages of the asylum process and all kinds of statutory and informal support, the Asylum Journey will help you provide more informed and holistic advice.

**The Sheffield Mental Health Guide** features a lot 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.

Remember, all treatment for Covid-19 is free on the NHS for everyone, whatever your asylum status. Ring your G.P or the NHS helpline 111, if you or someone you care for are ill with the covid-19 symptoms

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

Sheffield  
City Council

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

**Share**  
Excellence in Psychotherapy

**SYEDA**  
Sheffield Young Ethnic and Minority  
Adolescents' and Young Adults' Support

**mind**  
for better mental health  
Sheffield

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