



Sheffield Psychology Board

Respect

People first

Quality

Partnership

Sheffield Covid-19: Teachers

Covid-19 has placed exceptional demands on Teachers. As we enter a time of pressure and anxiety around children going back to school, we need to make sure mental health and wellbeing is at the forefront of our minds. This is as important for teachers as it is for the pupils. 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 3636 Provided by the Sheffield Health and Social Care NHS Foundation Trust. The line is available 24 hours a day, 7 days a week for urgent mental health support, advice and triage.

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.



I would like online help and support...

<https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/>

A toolkit built by Twinkl and Mind. The Toolkit has a number of different resources aimed to help reduce stress and focus on helping Teachers to relax and work towards feeling in control at work.

<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.



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

Sheffield
City Council

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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