



Sheffield Psychology Board

Respect

People first

Quality

Partnership

Sheffield Covid-19: Students

Covid-19 has meant that circumstances are very different for students this academic year. As we enter a time where students are starting, or going back to university, we need to make sure mental health and wellbeing is at the forefront of our minds. You might be experiencing some difficult feelings at the moment, whether you are with or without your normal support networks. 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. 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.

0808 1895260 free, confidential support by phone from a trained Student Space volunteer, from 4pm to 11pm every day. They also offer webchat, text and email support.



I would like online help and support...

<https://togetherall.com/en-gb/>

Togetherall is an online service providing 24/7 support for your mental health, including anxiety, depression and other common mental health issues.

<https://studentspace.org.uk/>

Student Space is a wellbeing resource providing expert information and advice to help you through the challenges of coronavirus.

<https://www.shu.ac.uk/wellbeing>

Student Wellbeing at Sheffield Hallam University provides information and advice to support your psychological wellbeing in order for you to manage your studies and make the most of university life.

<https://www.sheffield.ac.uk/ssid/sos/mental-wellbeing>

The University of Sheffield provides wellbeing services and resources to support your psychological wellbeing.



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

<https://www.shu.ac.uk/wellbeing/self-help/help-for-a-specific-issue/coronavirus>

Sheffield Hallam University has collated a list of useful services and resources for you during this time. The list includes grief and bereavement support, local support, wellbeing resources and apps.

<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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