



# Sheffield Psychology Board

Respect

People first

Quality

Partnership

## Sheffield Covid-19: Communities of Need

There is increasing evidence of the disproportionate impact amongst black, asian, minority and ethnic people. This is deeply worrying and you might be experiencing some difficult feelings at the moment, including stress, anxiety, guilt 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 seek support. Here are the details of places where you can get help - 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 226 3636** Provided by the Sheffield Health and Social Care NHS Foundation Trust, available 24 hours a day, 7 days a week for urgent mental health support, advice and triage.

**07761 925938** ADIRA is a mental health and wellbeing service for the Afro-Caribbean community, offering online support for men and women. They also run a food pharmacy that delivers a food parcel every Friday to anyone that is struggling.

**0114 272 6393** SACMHA can connect you with an African Caribbean Counsellor for professional counselling support. They also provide direct support to Carers and will focus the support specifically to address the impact of Covid-19

**07960128562** or email [social.maan@hotmail.com](mailto:social.maan@hotmail.com)  
Maan is a local charity working with the Somali community in Sheffield to help address mental health and related needs. During this time they are offering video/audio support.

More support information over the page





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

<https://www.blackmindsmatteruk.com/>

Black Minds Matter UK connect black individuals and families with free professional mental health resources and services in the UK.

<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 am really struggling with my emotional wellbeing following bereavement ...

**0800 048 5224** Listening Ear is a freephone helpline (Monday to Friday 10am - 5pm) to anyone over the age of 11 in Sheffield, who is registered with a GP in South Yorkshire and is bereaved during the Covid-19 crisis.

**116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

Samaritans is there for anyone at any time about anything.



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

**0114 275 3479** SADACCA is an African Caribbean Community Centre offering phone calls during Covid-19 to direct people in the right direction for relevant support. (10.30am - 4pm)

<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.