

## Service Coronavirus Update 18/03/2020

As many other organisations who support people with vulnerabilities both Mental health and physical we are having to postpone many of our workshops and this is an ongoing situation which is very much an unknown due the nature of the pandemic.

***\*\*For the group sessions we have had to postpone all groups for the time being . we are going online and hope to still have 1-1 support online either by a form of video call or by phone.***

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

2. we are supporting existing people by phone where we can, and we advise anyone to contact us on -0114 2421700 or email [info@sodit.org](mailto:info@sodit.org) or text on 07493327445 for more information or if you are not sure what to do.

Mind have good information around support in general around your well-being at this time

[https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm\\_medium=organic&utm\\_source=twitter&utm\\_campaign=info&utm\\_content=coronaviruswellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing)

also, some additional contacts if in a mental health crisis

Are you experiencing a Crisis?

If you are experiencing early stages of a crisis yourself and need support, call one of the following 24-hour helplines:

Samaritans Tel: 116123

Support and advice if you need someone to talk to.

Samaritans also offer support online via email.

NHS Direct Tel: 111

Staffed by nurses who offer medical advice and information.

NHS Direct Online also available.

Rethink Crisis Line 24/7: 0800 801 0440

Are you or is someone you know experiencing a Crisis?

If that person poses a present and immediate danger to life, either to the person themselves, or others **DO NOT HESITATE** - Call the Emergency Services on 999 immediately.

Also, locally we have <https://www.sheffieldmentalhealth.co.uk/>

Finally, this is a time of extreme difficulty for everyone, but being more 'isolated' for people will know doubt make existing mental health distress worse .... we do need all to pull together to support as much as we can, and also all our volunteers who are being amazing!!

Thank you

SODIT team