

Survivors of Depression in Transition 28/08/20

COVID-19 postponement's and virtual peer support groups

We hope to start face to face sessions 1-1 at unit 7 (drop in) from the 14th Sept on a booked only basis , with covid safe precautions in place to keep our staff /volunteers and clients safe .

Our co production festival and workshops will now commence Feb 2021. We hope to be able to have the main event in July to coincide with SCIEs co production week, with workshops based in the community leading up to the main event. we are starting to plan this in Sept 2020.

Our support continues for women in Sheffield who are experiencing mental health distress. We are now using the following areas of support:

Video / phone one to one counselling and our holding service

Support by Text – 07493 327445 or 07554 822359

Facebook closed group -

<https://www.facebook.com/groups/2625165737592911/>

Twitter @soditsheffield

Whats app group – text to 07493 327445

Virtual Coffee n Chat – group peer support Tuesdays 12.30 ,
Friday session 1pm – (see sep poster) and a new Wednesday
group 11-12.30

Check in's are a short call or text to support people when that have other types of support but just need additional reassurance and grounding.

We are also sending out self -care packs for people who we are currently supporting and offering an emergency/crisis care service though our mobile number.

We are open for new referrals for 1-1 online /phone counselling currently with our integrative therapist

For more information and updates please call 0114 2421700 (voice mail currently due to covid 19)

email referrals@sodit.org

Text to 07493 327445 or 07554 822359

Or visit www.sodit.org

Our **women's helpline** is now live and is being 'manned' Monday to Friday 10-4 pm the number is **0300 365 99 49**

This has been set up due to the current situation and the increase in people needing support.

The helpline is not a crisis Line but a listening ear, signposting , advice & information to other services or a way of the person connecting during this time of isolation .

The SODIT team

NOTE

Survivors is a small user led charity for women in Sheffield who are experiencing/living with mental health distress and is run mainly by volunteers. The office and therapy rooms are now closed to the public until further notice at Woodbourn Business Centre.