



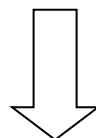
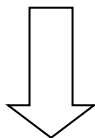
Survivors of Depression in Transition **14/10/20**

COVID-19 postponement's and virtual peer support groups

We have started face to face sessions 1-1 at unit 7 (drop in) on a booked only basis, with covid secure precautions in place to keep our staff /volunteers and clients safe. (this is subject to change depending on additional government requirements)

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 October 2020.

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



Facebook closed group -

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

Twitter [@soditsheffield](https://twitter.com/soditsheffield)

What's app group – text to 07493 327445

Virtual Coffee n Chat – group peer support Tuesdays 12.30,
Friday session 12pm – (see sep poster)

NOTE: Check ins 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 open for new referrals for 1-1 online /phone counselling currently with our integrative therapists and Students

For more information and updates please call 0114 2421700 (voice mail currently due to covid 19) we try and check voice mails regularly but may be a delay in responding.

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 additional 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.

Thank's and keep safe

The SODIT team