

Survivors of Depression in Transition

01/12/20 update



COVID-19 postponement's and virtual peer support groups

1:1 Counselling

We have started face to face sessions 1-1 at unit 7 (our drop in centre) 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)

We are open for referral for 1:1 online or phone counselling with our integrative therapists and students.

Peer group session

Our peer group session is continuing virtually on Zoom -- Virtual Coffee n Chat

- Tuesdays 12:30pm-2:30pm
- Fridays 1pm-2:30pm

Coproduction

Our co-production festival and workshops will now commence February 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.

Helpline

We have a live women's helpline which is open 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.

N.B. 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.

Support

We are currently using the following platforms to support women in Sheffield who are experiencing mental health distress:

- Facebook closed group:
<https://www.facebook.com/groups/2625165737592911/>
- Twitter: **@soditsheffield**
- WhatsApp group: text **07493 327 445**

Check-ins

These are a short call or text that aim to give people who receive support additional reassurance and grounding

For more information and updates

- **Call: 0114 2421700** (currently voicemail due to COVID-19, we aim to check regularly but there may be a delay in responding)
- **Email: referrals@sodit.org**
- **Text: 07493 327445 or 07554 822359**
- **Website: www.sodit.org**

Thanks and keep safe,

The SODIT team