

# Survivors of Depression in Transition



01/10/20 Update

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## 1:1 Counselling

We have started face to face sessions 1-1 at unit 4 (our drop in centre) on a booked only basis, with covid safe precautions in place to keep our staff /volunteers and clients safe.

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 now back in the drop in.

- Tuesdays 12:30pm-2:30pm

## Helpline

We have a women's helpline which is open Monday to Friday 10-4 pm the number is 0300 365 99 49.

we are continuing to have this post easing .

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 to be added on

## Check-ins & therapeutic Holding

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

The holding service is also running face to face at our new centre at SYAC and also by phone and zoom

For more information and updates

- Call: 0114 2795970
- Email: [referrals@sodit.org](mailto:referrals@sodit.org)
- Text: 07493 327445 or 07554 822359
- Website: [www.sodit.org](http://www.sodit.org)

Thanks and keep safe,

The SODIT team