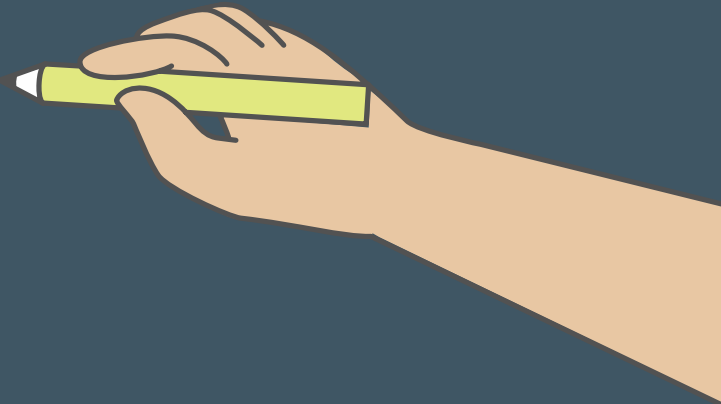


INFORMATION AND SERVICES TO SUPPORT PEOPLE LIVING WITH THE EFFECTS OF LONG COVID-19 IN GREATER MANCHESTER (TIER 1 – SELF MANAGEMENT SUPPORT)

April 2021 – V1



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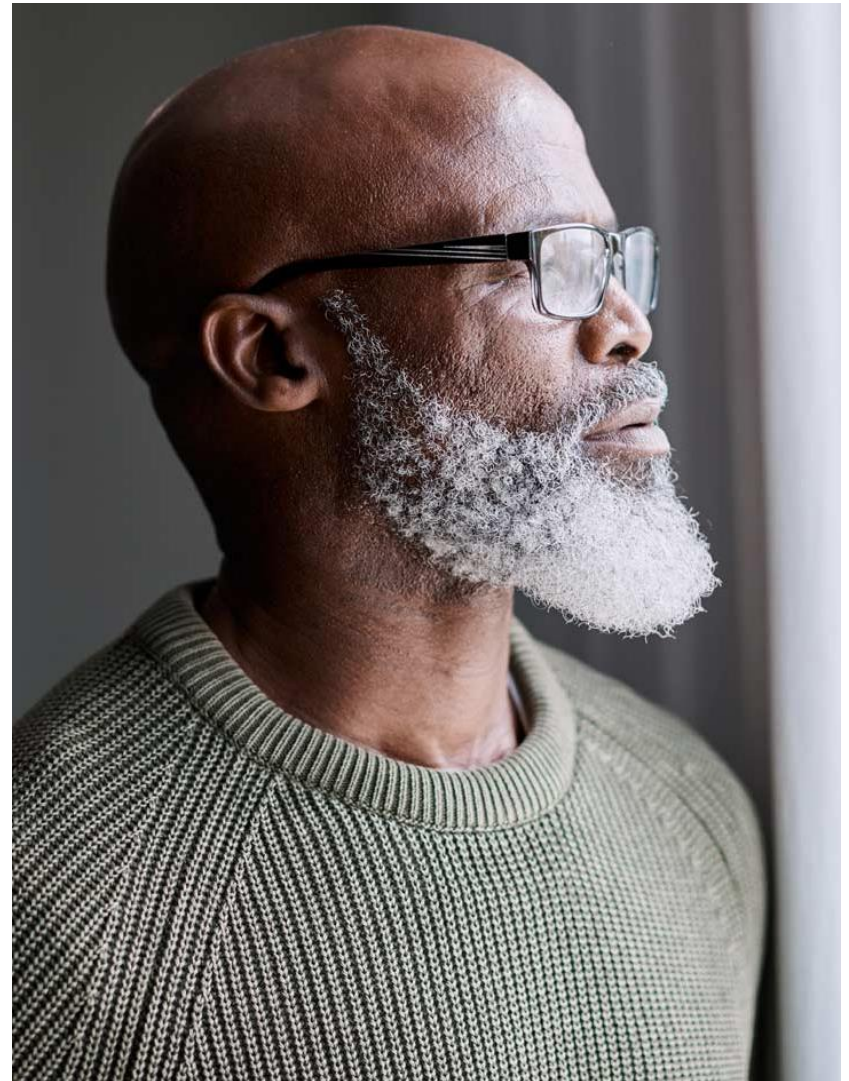
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LONG COVID RESOURCES

This pack is aimed at providing some useful resources for GPs and other professionals in Greater Manchester to support patients self-managing with Long Covid.

In GM we have a 4 tier system to support patients with Long Covid. This pack is designed to help with support at the Tier 1 level. Tier 1 is providing self help tools, materials and resources to help those with mild symptoms recover in their own homes.

Patient feedback and evidence tells us that the impacts of Covid on physical and mental health are far reaching. This pack also provides signposting to other services that people may need to support them with relationship, employment, financial or other impacts.

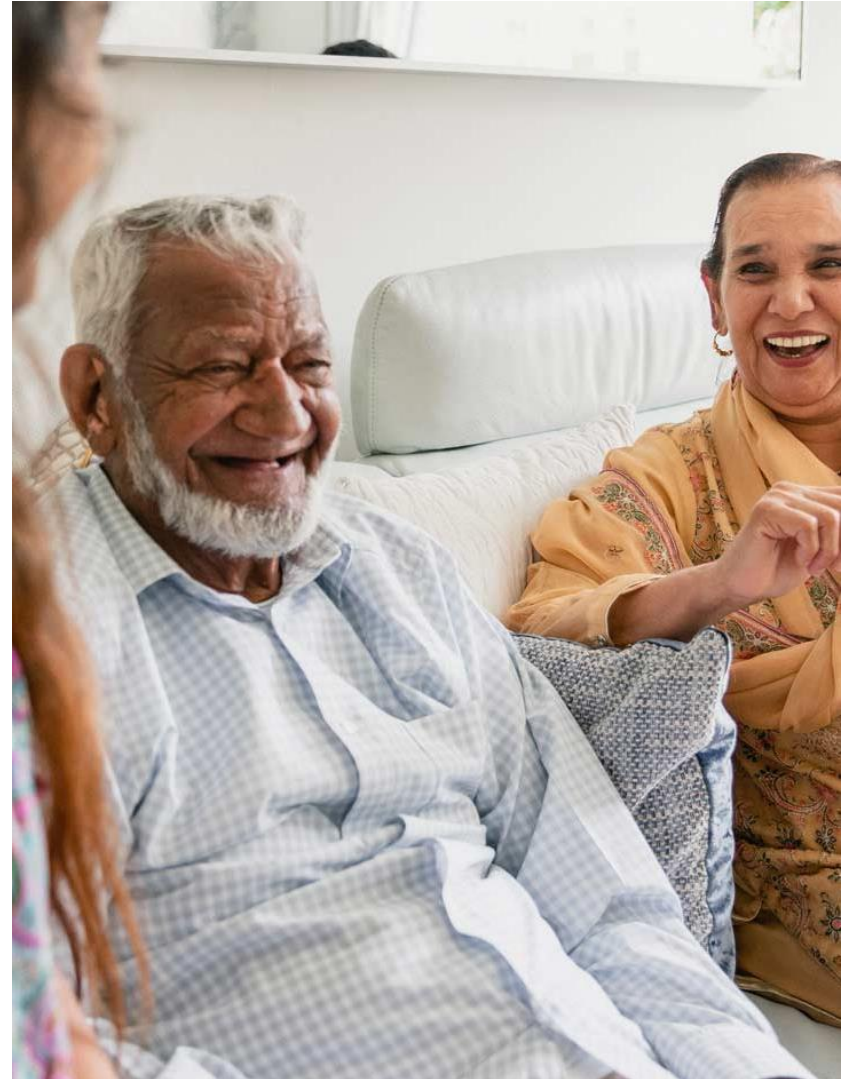


YOUR COVID RECOVERY

<https://www.yourcovidrecovery.nhs.uk/>

'Your Covid recovery' is the most comprehensive and informative website for people with Long Covid. Much of the information in this pack is from within this site.

This website provides general information on all aspects of recovering from COVID-19 including physical, emotional and psychological wellbeing, advice on recovery and information for families and carers.



MENTAL HEALTH ADVICE

- **Managing Fear and Anxiety**

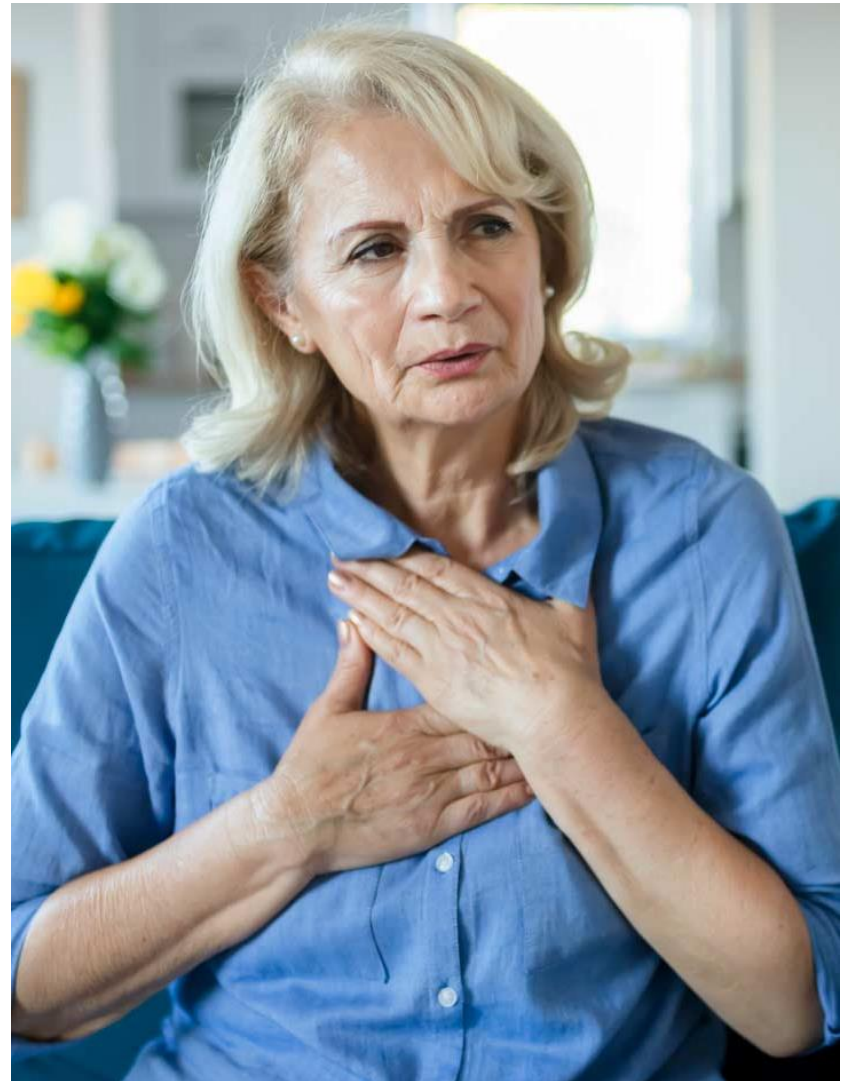
Information here to help people understand and cope with the feelings of fear and anxiety that they may be left with.

- **Managing your mood and coping with frustration**

After a serious illness, it is very common to experience low mood. This information helps people spot the signs and manage it.

- **Memory and concentration**

Memory problems can occur or get worse for people who have had Covid. This information helps people understand why and the signs and symptoms.



LOCAL MENTAL HEALTH SUPPORT

<https://hub.gmhsc.org.uk/mental-health/in-your-area/> This link provides a comprehensive list of mental health support, urgent or otherwise, for each locality in Greater Manchester. People can also [contact their locality helpline or the mental health trust phone numbers](#) in crisis here <https://hub.gmhsc.org.uk/mental-health/local-helplines/>

Digital mental health support

Shout crisis service: a 24/7 text service with crisis volunteers who will chat using trained techniques via text responses. Text 85258 to Shout

Kooth: an on-line counselling and emotional well-being platform for children and young people up to 18 years old.

Living Life to the Full: one of the world's most used wellbeing support packages that aims to provide key information using everyday non-complex language

SilverCloud: an online therapy programme for adults proven to help with stress, anxiety, low-mood and depression.

Apps to help support your mental health: These apps can help you support your mental health and wellbeing. All the apps listed can be found on the NHS Apps Library, an online directory of trusted health and wellbeing apps that have been assessed to be clinically safe and secure to use.

Every Mind Matters: Having good mental health helps us relax, achieve more and enjoy our lives. Every Mind Matters has expert advice and practical tips to help you look after your mental health and wellbeing.

IMPROVING HEALTH AND WELLBEING

Getting moving again

The above link includes advice on why moving is important after a period of illness and how to start exercising.

'That Counts' is a Greater Manchester wide campaign that supports people to start moving regardless of their ability or fitness level <https://www.thatcounts.co.uk/>

Engaging in physical exercise alleviates stress and increases endorphins with positive impacts on mental health. The [Greater Sport website](#) provides information about a wide range of activities people can do to keep moving and be physically active.

Diet

The above link provides advice on why it is important to eat well for people who have or have had Covid. It also provides advice on nutrition and supplements.

The British Nutrition Foundation has shared [guidance about diet and nutrition](#) in relation to COVID-19.

Smoking cessation

1. [Get help and support on the GM Health Hub if you are concerned about smoking and are thinking about quitting. This includes information for people in all 10 areas of GM.](#)
2. People can also get support from local smoking support services or speak to their local pharmacy.

Alcohol support

[Help and support is available for people across Greater Manchester on the GM Health Hub if you are concerned about alcohol intake.](#)

WORK AND FINANCIAL SUPPORT

Going back to work (voluntary or paid) after illness can be challenging. Persisting symptoms such as shortness of breath, fatigue, poor concentration, and anxiety can all make return to work more difficult.

The following provide advice on finance and returning to work:-

<https://www.yourcovidrecovery.nhs.uk/your-road-to-recovery/returning-to-work/>

[Government website covering furlough, self-employed, not working or the unemployed](#)

Personal Independence Payment

Although its important not to raise expectations, people who are unable to work because of long Covid symptoms may be able to apply for Personal Independence Payment (PIP), which is an allowance intended to help cover costs for those with a long-term health condition or disability.

Foodbanks

Information about local foodbanks can be obtained via local authority websites or

<https://www.trusselltrust.org/get-help/>

LONG COVID SUPPORT GROUPS

Many people suffering with Long Covid have found online support groups helpful, both for learning more about the condition and sharing experiences with others.

The 'Long Covid Support' group on Facebook – for people suffering with the condition and their relatives or friends – is one example of a wide community through which people have been able to share advice, and be informed of, or get involved in, research into long Covid.

Manchester COVID-19 Recovery Peer Support Group

If you are recovering from COVID-19 there is a weekly Peer Support Group that can provide you with help and support. It:

- Brings together people with shared experiences to support each other
- Provides a safe and confidential space where you will feel accepted and understood
- Treat everyone's experiences as being equally important
- Involves both giving and receiving support and top tips
- Helps inform health and social care services about what support and services are needed for people living with the long term effects of COVID

The Peer Support Group currently meets online on a Wednesday evening from 6pm to 7pm. A WhatsApp group is also available for people to continue conversations throughout the week. Expenses are available to support people to join the Peer Support Group online.

If you are interested in joining the Peer Support Group Email Val at val.bayliss-brideaux@nhs.net or Text 07702 66 81 69

This Peer Support Group is open to people living in Greater Manchester. It is facilitated by Manchester Health and Care Commissioning.

Supporting you to recover with COVID-19 when you have other conditions

COVID and Respiratory problems

[British Lung Foundation](#)

COVID and Heart problems

[British Heart Foundation](#)

COVID when you've had a Stroke

[The Stroke Association](#)

COVID and Cancer

[Macmillan support](#)

[Cancer Research UK](#)

COVID and Diabetes

[Diabetes UK](#)

COVID and Alzheimer's

[Alzheimers Society](#)

COVID and Multiple sclerosis

[MS Society](#)

COVID and Parkinson's disease - Parkinson's UK [Parkinson's UK](#)

COVID and Postural Tachycardia Syndrome [PoTS - Postural Tachycardia Syndrome \(potsuk.org\)](#)

OTHER SUPPORT:-

Children with Long Covid <https://www.longcovidkids.org/>

Long Covid Kids is a website and group for parents and carers who have a child that has had COVID-19. It provides a route to connect with other families that are going through the same thing.

Domestic Abuse during COVID-19 – #YouAreNotAlone

Support Services remain available during the Covid-19 pandemic. If you are in immediate danger then ring 999. If you cannot talk either press '55' on a mobile or wait on a landline until you are connected with the police. If you are worried that you, or someone you know may be experiencing domestic abuse, then contact the 24 hour Refuge line on 0808 2000 247.

Support for Carers

If you are caring for someone with Long Covid, [Carers UK](#) and [Carers Trust](#) have information about support that unpaid carers may be able to access.

SOCIAL MEDIA

The following social media messages may be useful for you to use on your own channels:

Example Tweets:-

Tens of thousands of people in the UK are estimated to be living with the debilitating effects of long COVID. If you're suffering the effects of long COVID, visit the 'Your COVID recovery' website or speak to your GP.

<https://www.yourcovidrecovery.nhs.uk/>

#LongCOVID

Learning to live with the long-term effects of COVID-19 can take its toll on your mental health. If you're suffering the effects of long COVID, visit the 'Your COVID recovery' website or speak to your GP.

#LongCOVID

<https://www.yourcovidrecovery.nhs.uk/>