



keepingwell

support for health and care staff

NHS

Are you an NHS or Care worker in North West London struggling with Long Covid?

Learn new coping strategies to help you manage your symptoms and share experiences with others.

What the group involves:

- Online group.
- A safe space to share your experiences.
- Tools and skills to manage with anxiety, low mood, breathlessness, fatigue.
- Support on considering/managing returning to work.
- Free and confidential.
- Provided by trained psychological therapists.

To join the Covid Recovery Group, please refer yourself:
www.keepingwellnwl.nhs.uk/referral-form

There is an option on the referral form to tick that you are looking for support around Long Covid. Please make sure you select this for our team to get in touch with you.

For more information please get in touch email keepingwell.nwl@nhs.net or call **0300 123 1705**. Health and care staff can also visit www.keepingwellnwl.nhs.uk for psychological wellbeing support.

