

Still struggling with the effects of COVID-19?

Things you can do:

Visit the NHS website:

www.yourcovidrecovery.nhs.uk

Information about the effects of covid on your body and mind, understand what has happened and what to expect whilst you recover.

Visit Birmingham and Solihull post covid syndrome website:

www.postcovidsyndromebisol.nhs.uk

Self-help guidance and links to local services for health and social support.

Contact Improving Access to Psychological therapies (IAPT):

www.covwarkpt.nhs.uk/iapt or call 024 7667 1090

For support with low mood and anxiety.

Visit Solihull Mind website:

www.solihullmind.org.uk or contact them on 0121 742 4941

Provides counselling, support services and social/leisure activities.

Check out the Society of Occupational Medicine leaflet:

www.som.org.uk/COVID-19_return_to_work_guide_for_recovering_workers.pdf

For guidance on how to manage getting back to work post COVID infection and with Long COVID

Visit The Waiting Room:

www.the-waitingroom.org

For a directory of Birmingham and Solihull health and well being services.

Things we can do help:

We can refer you to our social prescriber who can connect you to local services for practical and emotional support

Refer you to a Long Covid rehabilitation assessment clinic if symptoms last more than 12 weeks

Offer an appointment with a GP to discuss your recovery



GPS Healthcare

General Practice Solihull

