Information for NHS and H&S Staff about Derbyshire Long Covid Staff Support Service

What is Long Covid?

Long Covid can cover a large range of symptoms that persist for over 4 weeks after you first contracted COVID-19. You do not need to have had a positive COVID-19 test to be experiencing symptoms of Long COVID that may include fatigue, breathlessness and effects on mood and concentration.

What should I do?

Register your interest in the service by emailing uhdb.longcovidsupport@nhs.net.

You will be sent referral forms which can also be found on your local intranet under 'Long Covid Staff Support Service' to complete and return.

What happens next?

A well-being telephone call appointment will be made to welcome you to the Service, get more information about your condition and explain the options available that may be suitable for you. The team will look at your case to make sure that you are directed to the correct service. These could be:

♦ Getting self-help advice and guidance on supporting your mental health

♦ Enrollment onto a 4-week psychoeducational programme 'Coping with Covid'

♦ Enrollment onto 4-week virtual physical rehabilitation classes of various levels depending on severity screening assessment and ongoing monitoring of vitals. This would be following a 2 week self-directed 'lung stretching' phase that links exercise recovery to Lung, Chest and Mental recovery, without exacerbating fatigue.

♦ Referral onto acute services or step 3 level metal health support

♦ Access to facilitated virtual peer support group

♦ Information about various lifestyle and support services across Derbyshire that may be helpful

How will we contact you?

We will contact you from uhdb.longcovidsupport@nhs.net or call you on the number provided for initial wellbeing call