

Are you experiencing symptoms of long-COVID? Our health, care and emergency services staff peer support group could help

Our informal support group is held every other Wednesday and offers you the opportunity to meet with peers who are undergoing similar symptoms and share your experiences in a safe environment.

You will also have opportunities to seek further support and ask questions to dedicated professionals



Long-COVID symptoms can include:

breathlessness, headaches, persistent cough, fatigue, cognitive impairment "brain fog", anxiety and depression.

**If you're experiencing any of the above you can register
your interest by emailing:**

tewv.hcv-resiliencehub@nhs.net

The Humber, Coast and Vale Resilience Hub

**If you are a health, care or emergency worker and struggling with the
impact of COVID-19 we are here to help**

Visit www.hcvresiliencehub@nhs.uk for more information

You can also email: tewv.hcv-resiliencehub@nhs.net