

Long COVID Webinar

'Long COVID affects a growing number of people, with many suffering silently from persistent and fluctuating symptoms such as fatigue, breathlessness, cardiovascular and neurological complications.

The Here For You team will be hosting an online webinar on the psychological impact of Long COVID. Evidence shows symptoms are wide ranging and fluctuating and the most common symptoms are extreme tiredness, problems with concentration (brain fog), anxiety and depression.

Here For You will be discussing strategies to support you through the Long COVID recovery stage and will be highlighting services which may be able to offer help with such issues such as anxiety and low mood.

This interactive webinar is suitable for any staff member who has experienced symptoms of Long COVID and will help us to inform any subsequent webinars on the topic.'

Dates: June 21st or 28th

Time: 10.30am – 12pm

Please follow the Eventbrite links below to book your preferred date:

June 21st

<https://www.eventbrite.co.uk/e/long-covid-recovery-strategies-webinar-tickets-159398060891>

June 28th

<https://www.eventbrite.co.uk/e/here-for-you-long-covid-recovery-strategies-webinar-tickets-159450327221>

If you have any queries please contact Amanda Lovitt amanda.lovitt@nhs.net