

# Long COVID Webinar Change, Loss, and Identity

'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 for staff members with Long COVID who may be experiencing difficulties with coming to terms with changes in their body, functioning and identity.

Here For You will be discussing strategies to support staff through the Long COVID recovery stage, with this webinar specifically focusing on exploring change and loss associated with Long COVID symptoms and how to manage these difficulties.

The Here For You Team will also 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 members who have experienced symptoms of Long COVID and would like further help with these difficulties and will help us to inform any subsequent webinars on the topic.

**Date: 12<sup>th</sup> July**

**Time: 10am-11.30am**

<https://www.eventbrite.co.uk/e/here-for-you-webinar-long-covid-change-loss-and-identity-tickets-160972594363>

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