

# COVID-19

## Survivors Group UK

COVID-19's impact is felt by us all and we are only just beginning to understand some of the long term implications it can have on the physical and mental wellbeing of survivors.

At Self Help UK we know that talking to others who have had similar experiences is essential for growth and recovery.

**COVID-19 Survivors Group UK** will be molded by its members, through your voices and opinions.

**Join our Facebook group! COVID-19 Survivors Group UK**

**[www.facebook.com/groups/COVID19SurvivorsGroup/](http://www.facebook.com/groups/COVID19SurvivorsGroup/)**

- What to expect**
- Up to Date Information & Resources
  - Open Forums
  - Survivor Experts
  - Health Professionals & Speakers
  - Webinars & Training

For further information

 0115 9111662

 [outreach@selfhelp.org.uk](mailto:outreach@selfhelp.org.uk)

 [selfhelp.org.uk/COVID-19\\_Survivors\\_Group\\_UK](http://selfhelp.org.uk/COVID-19_Survivors_Group_UK)



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