

# Have you had Coronavirus? Are you struggling with:



The long term physical effects of the virus



Feeling scared and isolated



Anxiety and depression

## We can help...

**We are a local charity with experience of supporting people through challenging times. Our Covid-19 Support Groups bring together people who have had the virus, or family members whose loved ones have had the virus, with a trained therapist.**

Our online sessions last for one hour during the evening and you can take part for as long you need. Guided by our therapist, each group will be encouraged to provide informal support to one another and use talking therapy to explore emotions, problems and solutions. Just knowing you are not alone can be a real comfort too.

**To register please email**

[eastsurreymentoring@surreycaretrust.org.uk](mailto:eastsurreymentoring@surreycaretrust.org.uk)

If you'd like to find out further information about our Covid-19 Support Groups please contact Cathy Leamon  
email: [cathy.leamon@surreycaretrust.org.uk](mailto:cathy.leamon@surreycaretrust.org.uk),  
call 07919 213 904 or 07730 570 305

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Company limited by guarantee under number 01658859  
FF12 Astolat | Coniers Way | Guildford | Surrey | GU4 7HL  
01483 426990

[www.mentoringsurrey.org.uk](http://www.mentoringsurrey.org.uk)