

In common with other health conditions, living with Post-COVID Syndrome can have a significant impact on your psychological wellbeing and affect how fully you are living life.

In the Post-COVID Syndrome service, our aim is to work alongside you to find ways to manage persisting symptoms and to discover what changes can be made to help make a meaningful difference to your wellbeing and quality of life.

We offer evidence-based interventions for a range of presentations with the aim of providing a specialist service for people struggling from the effects of Post-COVID Syndrome.

## Contact us

Greater Manchester Mental Health NHS Foundation Trust, Old Trust HQ, Bury New Road, Prestwich, M25 3BL

☎ 0161 271 0190

✉ pcs@gmmh.nhs.uk

Scan the QR code to visit our website



## Get Involved

There are lots of opportunities for you to get involved with us and to help us shape the future of the Trust:

- Provide us with your feedback and share your views in our online surveys
- Take part in our Recovery Academy courses
- Volunteering



**Please contact us if you require support with this information, including other languages, audiotape, Braille or larger print.**

**For more information about GMMH**

🌐 [www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)

🐦 @GMMH\_NHS

📘 /GMMentalHealth



**Greater Manchester  
Mental Health**  
NHS Foundation Trust



# Post-COVID Syndrome Service

Mental Health and Wellbeing Support for those Living with Post-COVID Syndrome

The Post-COVID Syndrome Service provides a multi-disciplinary stepped care pathway for adults living with the lasting effects and impact of a probable COVID-19 infection on physical and psychological wellbeing and daily functioning (including cognitive function).

'Post-COVID Syndrome' describes signs or symptoms that have persisted beyond 12 weeks of an infection consistent with COVID-19 and no alternative explanation for this has been found. Post-COVID Syndrome can affect different systems in the body and symptoms can fluctuate and change over time.

Symptoms include:



Brain Fog\*



Fatigue



Breathlessness



Loss of taste and smell

\*Brain fog - a term used to describe any of the following: poor concentration, forgetfulness, thinking more slowly than usual, lost words, feeling confused and/or mental fatigue.



Our team is made up of different professionals. Most of our team are psychological wellbeing practitioners, Cognitive Behavioural Therapists and psychological therapists trained in providing psychological assessment and therapies. The team also consists of a Clinical Health Psychologist, Neuropsychologist, Psychiatrist and Pharmacist who can offer involvement where appropriate for your needs.

We aim to work alongside your GP and other local health services to ensure your care is being provided in a joined-up way.

**You are not alone**

## Referral information

You can self-refer to our service, or you may be referred via a health professional such as your GP. Once a referral is received, we will invite you to an initial assessment appointment via telephone. During this assessment we will help assess your needs, advise how the options available in the service may help meet your personal goals from referral, and if appropriate, help develop a treatment plan which will be tailored to your individual needs and preferences.

We will be as flexible as we can be. We know attending appointments in person might be challenging, so we can offer further telephone or video-based appointments, or if preferred, appointments in person.

To self-refer, please visit: [www.gmmh.nhs.uk/post-covid-syndrome-service](http://www.gmmh.nhs.uk/post-covid-syndrome-service)

### Need urgent help with your mental health?

You can now call our 24/7 mental health crisis line for FREE.

- Call **0800 953 0285** if you live in Bolton, Salford Trafford or the city of Manchester.
- Call **0800 051 3523** if you live in Wigan.