

## The experience of having Covid webinar

The experience of having COVID-19 can be difficult for many. The various emotions including stress, worry and anxiety about having COVID-19 can make it even harder to function.

The Here For You team will be hosting a short 20 minute webinar on the experience of having COVID-19 to help with understanding and strategies to manage. We will be allowing 10 minutes after the presentation to talk and reflect or for anyone to ask questions. This part of the webinar will not be recorded. You can leave after 20 minutes or remain for the final part. The session will run on two dates.

This webinar is suitable for any staff member who thinks they may be struggling with the experience of having COVID-19 or if you would like to increase your understanding on this topic. We will be recording this webinar and uploading the link to our website [www.hereforyou.info](http://www.hereforyou.info). Please note you DO NOT need to register to access the recorded webinar.

**Date:** 20<sup>th</sup> January 2022  
**Time:** 12:30pm – 1:00pm

**Link to register for this event:** <https://www.eventbrite.co.uk/e/the-experience-of-having-covid-webinar-tickets-244346626337>

**Date:** 3<sup>rd</sup> February 2022  
**Time:** 12:30pm – 1:00pm

**Link to register for this event:** <https://www.eventbrite.co.uk/e/the-experience-of-having-covid-webinar-tickets-244359444677>

Please contact Erlina at [Erlina.rees@nhs.net](mailto:Erlina.rees@nhs.net) or [hereforyou@nhs.net](mailto:hereforyou@nhs.net) if you have any queries

*N.B. A few people are experiencing problems with Internet Explorer, if this does occur, please copy and paste the Eventbrite link into Google Chrome*