

Specialist Psychotherapy Service (SPS) Interim arrangements during COVID

Thank you for accessing the SPS page on BSMHFT website. Below you will find our current working arrangements, but if you continue to scroll down you will see information about our usual service provision. In SPS we are continuing to think carefully about the impact of this virus and the changes we are making to how we live, have on mental health as well as physical health. We do wish you and your families well at this time and encourage you to follow government guidelines on how to keep yourself safe during the COVID-19 pandemic, please use the links on the homepage. For those of you who are enquiring about how we are working at the moment, in response to the government guidelines, please see below.

This is a message to assure you that SPS is open for face-to-face psychotherapy interventions during COVID-19, however group work remains online because of the amount of people in one room. We have put in place equipment and measures to ensure your safety.

If you are in a crisis, please contact your Community Mental Health Team.

If you would like to enquire or contact us directly in SPS please do so on: **0121 301 3800**