

# Leeds COVID-19

## Volunteers Support Line

The COVID pandemic has affected all of us in different ways, and by volunteering to support others, you have been giving something positive back to your community in these uncertain times. We recognise that as you are supporting others in this way, you may find it helpful to have space to talk about your experiences of volunteering during the crisis.



**To help with this, a new group of volunteers have come together managed by Leeds Survivor Led Crisis Service (LSLCS) to offer a new support service specifically for volunteers:**

- Call **0113 483 0888**
- Support Line Open 9am-6pm, 7 days a week
- Open to all people involved in front line COVID-19 volunteering in Leeds
- Offering a listening / debrief service to talk about anything related to your volunteering experiences and feelings
- People answering the phones have experience of counselling/ emotional support

**If you'd like to talk to one of our volunteers, call 0113 483 0888. Calls can last up to 50 minutes and are guided by what you need to talk about.**

**Remember – it doesn't have to be an emergency or a crisis for you to call and talk to someone, talking is an important part of looking after your health and wellbeing.**

