

A photograph of a healthcare worker, likely a nurse, with dark curly hair, wearing a white uniform and a stethoscope. They are sitting at a desk, resting their head on their hand, looking exhausted. A laptop is open in front of them.

# Understanding Long Covid

*Training course*

**The effects of the COVID-19 pandemic have been felt far and wide, and many have experienced a significant impact on both their physical and emotional wellbeing.**

Whilst some people have recovered quickly, others are still feeling the effects many months on. With millions of people worldwide experiencing long-lasting symptoms after recovering, there is a growing need to understand the nature and impact of these symptoms, which are commonly referred to as long COVID.

This training is for any managers, supervisors and employees who want to know more about Long Covid, the potential signs, symptoms and long-lasting effects, as well as treatment options and support that is currently available. Additionally, this course considers how you can better support staff in the workplace or return to work.

[View our training course](#)

**Aim: To understand the nature and impact of Long Covid, what treatment and support options are currently available, and how to support employees, colleagues and yourself in the workplace.**

## Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

## Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to:

- ✓ Identify what is meant by stigma
- ✓ Understand what Long Covid is
- ✓ Recognise the signs and symptoms of Long Covid
- ✓ Understand fatigue and how to use 'pacing'
- ✓ Understand 'Spoon theory' (*full day sessions only*)
- ✓ Understand the importance of good sleep hygiene (*full day sessions only*)
- ✓ Understand how Long Covid influences anxiety and depression
- ✓ Identify how to regain confidence
- ✓ Understand how to challenge and change behaviour (*full day sessions only*)
- ✓ Understand the benefits of mindfulness and meditation
- ✓ Identify the 'Three states of mind'
- ✓ Identify how to support Long Covid in the workplace
- ✓ Understand how you can better support yourself



**A certificate of completion is provided to all delegates** enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

**Up to 8 CPD hours per delegate**



Contact our enquiry team on **0121 629 1165**  
or visit: **[www.bhsf.co.uk/mental-health-support-training](https://www.bhsf.co.uk/mental-health-support-training)**