

# Church of England in Suffolk supporting you WHILST YOU SUPPORT OTHERS

An independent service offering you the opportunity to speak about concerns, pressures and anxieties with someone outside the NHS who will listen with compassion and empathy.

As the coronavirus pandemic continues to impact us all in Suffolk, The Bishop of St Edmundsbury and Ipswich, Martin Seeley, has set up a personalised support service for NHS staff of **all faiths and none**.



**01473 563 563**

**Local number - available 24/7**

“

*This designated phonenumber supports you as frontline staff. We want to be able to provide the opportunity for you and your colleagues to speak about your concerns, pressures and anxieties with someone outside the system who will listen with compassion and empathy.*



**Bishop Martin**

”

If you wish to submit a prayer request please email: [pray@cofesuffolk.org](mailto:pray@cofesuffolk.org) and we will pray for you the next morning.

Call this number and you can talk to a vicar or minister with a background and training in chaplaincy, healthcare or community engagement. They can offer a wealth of experience helping you at this different and stressful time.

They can help guide you through

- 1 Pastoral support:** providing a 'listening ear', offering support through conversation, personal reflections and similar.
- 2 Spiritual support:** where appropriate prayer, faith-based discussions and practical resources such as the Church of England online 'light a candle' service, and inclusion on the diocesan prayer diary.
- 3 Signposting to practical resources** including mental health reflections and links to partner organisations.

At this critical time in our nation's history we want you to know you are not alone as you carry out your vital daily tasks on the frontline.

For further information please visit: [www.cofesuffolk.org/bishops/nhs-support](http://www.cofesuffolk.org/bishops/nhs-support)



THE CHURCH  
OF ENGLAND

**Diocese of St Edmundsbury  
and Ipswich**



**SuffolkCollective**  
Suffolk partners and agencies  
working together

The Collaborative Communities COVID-19 Board