

Have you or your relative been a patient in the ICU?

Would you like to talk to others who have been through a similar experience?

The experience of being critically ill can have a significant, long-lasting, physical and psychological effect.

Our ICU recovery team run online and in-person peer support meetings to help people who have been cared for in the ICU and their families readjust to life.



At these meetings, you can:

- talk to past patients who have experienced something similar
- share stories
- give and receive support
- speak to healthcare professionals about any ongoing concerns

When and where?

The meetings are held every three months and alternate between online and in person.

For more information, scan the QR code or email our ICU recovery team at: **icurecovery@uhs.nhs.uk**



Find us on
Facebook:

**Intensive care
peer support group**