

Looking after yourself

when your relative or friend is in the Intensive Care Unit (ICU)



Remember to eat and rest

Even if it's hard, regular meals and rest help you stay strong.

Take breaks

Ask family or friends for help with tasks or updates.

Give yourself time

Feeling emotional is natural. Reach out for help.

Get to know the healthcare team

Ask questions – staying informed can be reassuring. Let us know how you're doing, too.

Seek support from friends and family

Stepping away is okay. Stay connected with those that support you.

Do you need support?



ICU Steps

A charity offering information and resources for people affected by critical illness or intensive care.
www.icusteps.org



Spiritual Care

Offers confidential, non-judgemental support for all faiths and beliefs, including providing emotional support, praying or referring you to faith representatives.
Contact: 0131 537 6516
<https://services.nhsllothian.scot/spiritualcare/>



You are doing the best you can in a difficult situation.
Support is available – don't hesitate to reach out.