

Neuropsychological Support for patients and families in the Intensive Care Unit (ICU)



What are Neuropsychologists?

At the Royal Infirmary of Edinburgh, the Neuropsychology service offers **support for patients with traumatic brain injuries** in the intensive care unit (ICU), **as well as their families and loved ones**.

We are just one part of a wider network of professionals supporting families in ICU – please do speak to staff about other sources of help too.

What do Neuropsychologists do in ICU?

Having a loved one in ICU can feel overwhelming.

If you would be interested in speaking to us, we can offer:

- A **safe, confidential space** to talk.
- Support with **difficult conversations**.
- Guidance to help you **process** what's happening.
- **Neuropsychological assessments** for patients during ICU admission.



Common experiences when a loved one is in ICU

Everyone copes in their own way, but many people tell us they experience:

- **Trouble sleeping** or exhaustion.
- Feeling **anxious** or on edge.
- **Intense emotions** like fear, sadness, or anger.
- **Guilt or self-blame**.
- **Nightmares** or distressing thoughts.
- Struggling to **take care of yourself**.
- **Not wanting to leave** your loved one's side.

If these feelings become overwhelming, you don't have to manage them on your own – we're here to help.

How to contact us

The Neuropsychology service is available: **Monday – Thursday, 8 AM – 4 PM**

If you'd like to speak with us, simply ask the nursing or medical staff to contact Neuropsychology. We can meet you by the bedside or find a quiet space to talk.