

ACHD Psychology Resources:

Post op/ ITU/ recovery

Useful resources:

NHS Wales (*Psychological and emotional impact of illness/ hospital stay*)

<https://hduhb.nhs.wales/healthcare/covid-19-information/covid-19-recovery/recovery-accordion/psychological-and-emotional-impact-of-illness/>

Psychology tools (*Psychology tools to help post critical illness/ intensive care stay*):

[https://www.psychologytools.com/assets/covid-19/critical illness intensive care and ptsd en-gb.pdf](https://www.psychologytools.com/assets/covid-19/critical%20illness%20intensive%20care%20and%20ptsd%20en-gb.pdf)

Samaritans (*offer a listening ear to anyone who is distressed, despairing or feeling suicidal. Their helpline is available day and night and is free*)

Tel: 116 123 (freephone)

<https://www.samaritans.org/?nation=wales>