



***Being critically unwell in hospital can be a scary and traumatic experience and this may take some time to come to terms with afterwards. It is important that you take your recovery one day at a time. Here are some resources and information which can help you in your recovery.***

## **[Keeping Me Well Website](#)**

This webpage provides resources for people who are either currently in critical care, or are recovering from critical care. The recovery section outlines common difficulties people might experience and provides signposting to related supportive services.

## **[ICUsteps](#)**

This is a charity providing peer support in recovery and rehabilitation. Support can be online or in person (Abergavenny and Newport included). Their website is full of information resources too.

## **[Melo Cymru](#) “Understanding Trauma Course”**

The Melo Cymru website was developed by the Aneurin Bevan University Health Board. The “Understanding trauma” course provides information about trauma and guidance on coping skills to help you manage trauma symptoms and support your recovery.