

St Georges Adult Critical Care Peer Support Group

Admission to the intensive care unit (ICU) is almost always unplanned and can be a frightening and worrying time whether you are a patient, relative or friend.

Do you feel isolated and think no one understands what you have been through?

Many of the things you worry about are normal for someone who has been sedated and in a coma.

Talking to people who have been in a similar situation can help you come to terms with your own experience and the trauma of surviving critical illness.

We are a support group for former patients, families and friends who have experienced critical illness within the ICU.

We have regular face-to-face meet ups throughout the year.

We are a friendly and supportive group – you are welcome to join in, chat or just listen. There is no pressure to talk.

Contact us

If you would like to be involved, contact: icufollowup@stgeorges.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453

Email: pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

