

## [Information and support for relatives and patients in Critical Care Unit](#)

Going through critical illness and recovery is difficult for both patients and their relatives.

Not knowing what might lie ahead in the critical illness journey can make coping difficult. Hence, we have put together a range of websites and links to provide useful information relating to Critical Care admission for relatives/family members and patients.

1. [Explainmyprocedure.com](https://explainmyprocedure.com): Provides Animated videos on ICU care of patients and link to West Suffolk NHS Foundation Trust website

ICU URL: <https://explainmyprocedure.com/wshicu>



3. <https://www.criticalcarerecovery.com/>

This website has been developed to offer information, advice and support on recovery after Intensive Care.

2. <https://covid19-england.criticalcarerecovery.com/>

It's primarily for patients who are recovering after an admission to Intensive Care Units (ICU) due to COVID-19, and for their family and friends.

3. <https://icusteps.org/information>

Provides Intensive care guide for patients and relatives in different languages, information sheets on key topics and patient's and relative's experiences of critical illness.

4. <https://www.ficm.ac.uk/patient-information/intensive-care-guide-patients-families-friends>

This includes an intensive care guide for patient, families and friends

5. <https://icusteps.org/information/visiting-the-icu>

Visiting ICU for children