



Wellbeing Resources for Children & Young People During Admission on the Ward



I'm worried about
having a medical
procedure



Coping as a
teenager in hospital
and going home



I'm having
trouble sleeping



I'm transitioning to
adult services



Recognising
difficult feelings



What can I do if I
feel worried or low



To use the QR codes

1. Open your device's camera or download a free QR code reader
2. Point your camera at your chosen QR code
3. The link should open up as a pop up!

Try it on the code to the right to visit the SWSW CHD Network website.

