



## 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.

