



What do I do if I feel unwell?

Tell someone as soon as possible if you start to feel unwell

People who can help include:

- A family member
- Your neuro OT
- Your support or care worker
- A friend

They can contact a doctor if they think you need to see one.



How your neuro OT can help

Your neuro OT has been helping you since your brain injury and can help in lots of ways now.

Neuro OTs can help with:

- Getting food and medicine
- Keeping you in touch with other people
- Sorting out problems with your care
- Carrying on with your neuro occupational therapy

If you need help with anything, contact your neuro OT or ask someone to do it for you.

Who can you contact if you're worried?

The first people you should try to contact are:

- A family member
- Your neuro OT
- Your support or care worker
- A friend

If you can't contact them and are feeling unwell, call the NHS helpline on 111 or, in an emergency, dial 999.