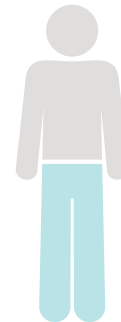


## How your neuro OT can help:

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

Neuro OTs can help with:

- Explaining what the new COVID-19 rules mean.
- Getting food and medicine.
- Keeping you in touch with other people.
- Sorting out problems with your care.
- Carrying on with your neuro occupational therapy.

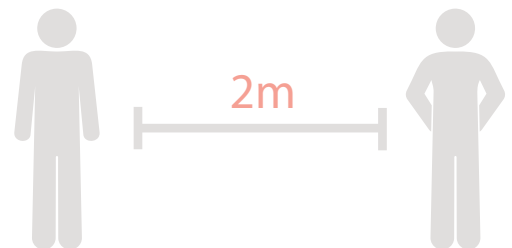


If you need help with anything, contact your neuro OT or ask someone to do it for you.

## 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, 999.