Psychosocial Support Resources

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DAYLife

Helping more patients dialyse from home

Kidney Care UK

UKKA

UK Kidney Association

FRESENIUS MEDICAL CARE

Nurses' Role: strengths and limitations

- Raising concerns
- Signposting to resources
- Monitoring



How are you coping?
Accessing Help

Immediate support:

- Go to any Accident & Emergency (A&E) department.
- Call 999 and ask for an ambulance to take you to A&E.
- Ask someone else to call 999 for you or take you to A&E.

Urgent support:

- Contact your GP surgery and ask for an emergency appointment if during opening hours
- Contact NHS 111 (England)

Educational/Financial

- Adult learning matters - Good Things Foundation
- Grants for Disabled Adults - General Grants (disability-grants.org)

- Cost of living | Kidney Care UK
- https://www.kidney.org.uk/kidney-beam

Emotional/Mental

- https://www.samaritans.org/
- https://giveusashout.org/
- https://www.kidney.org.uk/kidney-beam

Physical

- Home | Disability charity Scope UK
- Sport in Mind - the UK mental health sports charity
- https://www.kidney.org.uk/kidney-beam

Eco-distress

- Climate Change – Climate Cafes
- Active Hope
- https://youtu.be/bHaVPeKLNfk
- 12 Things we can do as individuals to become greener- by Dr Mark Harber.

Let's start building more Empathy, Kindness and Sustainability for each other.

Thanks for listening!



Any Questions?

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