




National Institute for
Health Research

GOING HOME AFTER A SERIOUS INJURY

Leaving hospital after you've had a serious injury can be worrying.



A booklet has been produced to offer advice and support to you throughout this process, based on the experiences of patients who have been through a similar experience.

The booklet covers topics including:

- Practical advice about getting home
- Looking after yourself
- Helping your injury to heal
- When and how to seek help
- Looking forward

The booklet is free to download and use. If you would like a copy, please visit:

 <http://www.clahrc-em.nihr.ac.uk/clahrc-store>



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Collaboration for Leadership in
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