

WHAT NEXT?

Information for Teenagers and Young Adults

TALKING TO FRIENDS

- ★ Many people have a hard time talking about what happened
- ★ It may get easier with practice
- ★ Decide what you want to tell others and then practice with someone you trust

TAKING CARE IN THE SUN

When you are having fun outside remember to protect your skin.



- ☀ Use a high factor sunblock (UVA & UVB)
- ☀ Cover up scars (sun protective clothing)
- ☀ Avoid the midday sun

EMOTIONAL HEALTH

Thoughts can get stuck going around your head. These may leave you feeling sad, alone or struggling to concentrate or sleep.

Psychologists and counsellors can help you to understand these thoughts and feelings.

Ask your GP or the Burns Unit for more information.

PHYSICAL HEALTH

Getting involved with physical activities can be fun and helpful. If you are worried you can contact your physiotherapist or the Burns Scar Management Clinic.

MORE QUESTIONS ?

You can contact:



e-mail: shc-tr.bugs-salisbury@nhs.net



[facebook.com/bugs.salisbury](https://www.facebook.com/bugs.salisbury)

Burns Unit, Salisbury District Hospital. Tel: 01722 345507



Grab your copy of the 'Leaving Hospital' booklet from one of the nurses!

...AFTER BURN INJURY



WELLBEING

Your physical, emotional and mental wellbeing may also be helped by balanced nutrition and hydration, social activities and complimentary therapies.

BURN CAMPS



Burn Camps are activity camps and are a good opportunity for you to meet and talk with people your own age that have similar experiences to you.

Many who attend make long term friendships. Activities you can try include: abseiling, canoeing, sailing, rock climbing, and tree top climbing. Camps are run for those aged 8-17, with a weekend camp run for young adults (18 - 25 years).



B.U.G.S

can sponsor you to attend. See our website for details.

SKIN CAMOUFLAGE

Changing Faces provide a skin camouflage service.



The creams are fully water-proof and are available on prescription.

USEFUL WEBSITES



bugssalisbury.co.uk

changingfaces.org.uk
Tel: 0300 0120 275



cbtrust.org.uk
Tel: (0)20 7233 8333

nhs.uk/change4life



youngminds.org.uk/



katiepiperfoundation.org.uk

