

Coping with stress and anxiety whilst your child is in hospital

We know that supporting your child whilst they are in hospital for treatment can be very stressful and worrying for parents, who often have to put on a brave face.

If you are currently coping with stress, anxiety and/or depression and your child is being cared for within Evelina London Children's Hospital we recommend you:

- Speak to the nurse in charge of your child's care and explain how you are feeling, they will be able to refer you for support
- Make a referral for support from ECHO's [Cardiac Support Worker](#)
- Make a referral for support to the [psychology and counselling](#) teams within Guys' & St Thomas' Hospital Trust
- [Contact the chaplaincy team](#) (spiritual healthcare) within Evelina London Children's Hospital

Further information is available on these pages:

- [What can I do to cope with stress and anxiety?](#)
- [How to access affordable help and support for anxiety, stress or depression](#)