

Information for children and young people

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About us ...



We work with parents and their children or young people who have particular health conditions. We are a joint service of clinical psychologists and community nurses.

Living with a physical condition and having lots of treatments and admissions to hospital can be hard work. Sometimes coping with this affects how you think, feel and what you do. You might feel worried, or down, or find it harder to get on with others. If you or someone you know notices these changes, it might be good to meet with a clinical psychologist.

What is a Clinical Psychologist?

What is a clinical psychologist ?

We offer you the opportunity to talk through any worries you may have as a result of having a physical condition. As well as talking and listening, we can offer suggestions for changing things, practical ways of coping and ways forward. We can also work with your school, your doctors or anyone else you may like to be involved.

Sometimes people wonder if clinical psychologists only work with 'mad' people, but this is not the case. We specialise in helping young people cope with the stresses and strains that can accompany medical conditions.



What can we help with?

We help young people with all sorts of worries. We could offer you support around:



- Managing your condition;
- Coping with your treatment;
- Coping with sadness, anxiety, fear or anger;
- Worries about how your condition is affecting your relationships;
- If you find it hard to talk to others about your condition;
- If you worry that your condition makes you feel different to your friends;
- If you are having problems getting along with your brothers or sisters;
- If you would like to build up your confidence;
- Any worries you may have about school because of your condition;
- If you are struggling with thinking about future or current treatments. For some people this includes time to think about end of life wishes and plans.



What support do we offer?



We can see you until your 19th birthday, if you are in full time education, or until you are 18 if you have left school.

We aim to work at your pace and we would decide together what kind of support would be most helpful. This may be:

- Seeing you and your family together;
- Seeing you by yourself;
- Seeing your parents by themselves;
- Seeing your brother or your sister;
- Offering you the chance to join groups of other young people;
- Supporting your doctors, nurses or school.



Our main way of working is through talking but we can also use writing or drawing if you would like this opportunity as well.



Not sure about seeing a psychologist?

Often people feel unsure about seeing a psychologist for lots of different reasons.

If you are not sure or have questions or concerns, you may want to talk to your parents about this, or do feel free to talk to your Lifetime nurse, or contact us directly and we can either discuss this with you over the phone or arrange a time to meet with you to do this in person.

What will happen if you decide to see us?

If you would like to talk to us, we will arrange to come and see you.

We often find it helpful to meet you with your family for the first time, but sometimes you or your parents might like to meet us alone initially and we are happy to do this if everyone agrees.

We usually see you at home but we can also meet you at your school or see you somewhere else if you prefer.

We sometimes agree that we will meet a number of times or you may find that one appointment is all you need.

We allow 45mins-1 hour to discuss how things are for you and to give you the chance to ask questions and find out more about what psychologists do.



Confidentiality...

We know that what you tell us is very personal and important and we treat all information you tell us confidentially. This means we do not tell other people what you tell us without discussing it with you first.

As we work as part of a team with the Lifetime nurses, we do update your nurse, your medical notes and your GP with our general progress.

If we need to discuss what you have told us with anybody outside the team, we will talk about it with you first. The only exception is if we think you or someone else is at risk of harm and we need to tell someone about it in order to help the situation.

How to contact us?

If you would like to speak to  the clinical psychologist to book an appointment or if you have any questions you can call us at the Lifetime office on:

01225 731624



Would you like an interpreter?

If you or your parents do not speak English, or have any communication difficulties, please let us know. We can arrange for an interpreter to translate for you.

Any questions?...

Please give us a call on:

01225 731624

or ask your community nurse for more details

