

What if I cannot make my appointment?

We ask that you call to cancel your appointment as soon as possible so that we can offer it to someone else. If you wish to cancel your appointment, please contact us on **0113 206 5897**.

How can I contact the department of clinical health psychology?

Office Hours Monday to Friday
8.30am - 5.00pm

Telephone **0113 206 5897**

Outside of these hours, an answer phone message can be left. Please leave your name, telephone number and message. A member of staff will then get back to you as soon as possible.

Seeing a Clinical Psychologist

Information for patients



© The Leeds Teaching Hospitals NHS Trust 1st edition Ver 1
Developed by: Dr Penny Morris, Consultant Lead Clinical Psychologist
Design by Medical Illustration Services 20141204_012/JG
Produced by: The Leeds Teaching Hospitals NHS Trust Print Unit
W*****

LN000693 Publication date 02/2015 Review date 02/2017

How could a psychologist help me?

Living with a health condition or injury can lead to many different feelings. Some people may find it difficult to cope. They may struggle with feelings such as worry, fear, anger or low mood. Many people can become overwhelmed by these feelings.

The Clinical & Health Psychology Service offers help and support to patients with a physical health condition. Clinical Psychologists are trained to understand the psychological effects of physical health problems, and offer talking therapies to help patients work through their problems.

The psychologist will work with you to try and understand how your health condition, and its treatment, may impact on your emotional well-being. We hope that, in working with a psychologist, you will be more able to manage your difficulties.

Examples of problems that your psychologist can help with:

- Adjusting to your diagnosis and loss of confidence
- Feeling anxious or having panic attacks
- Low mood or feeling upset
- Decisions about your treatment and medication
- Worries or fears about the future
- Feeling angry
- Coping with pain

Is this service for me?

This service is for patients at any stage of treatment, who are struggling to cope emotionally. If you have been referred to the Clinical & Health Psychology Service, you will already be under the care of a Consultant at Leeds Teaching Hospital's NHS Trust.

How often will I see a psychologist?

You and the psychologist will discuss how often it would be best to meet. Some people may see the psychologist only once or twice. However, others may see them once a week, over several weeks or months. Your appointment will usually last 50 minutes.



Where will I see the psychologist?

Where you will meet depends upon your health condition or injury, as each psychologist specialises in treating patients with particular health needs. Most appointments will be at St. James's University Hospital, but some may be at Leeds General Infirmary. Your first appointment letter will tell you exactly where your first meeting will be held.

Who will I see?

You will see the same person at each appointment. This will be a Clinical Psychologist or a Psychologist in Clinical Training (PICT), under their supervision.

What happens to the information I share with the psychologist?

Information that you share with the psychologist is kept confidential. Notes written during your appointment will be kept separate from your medical notes. The psychologist will typically only share a brief summary of this information with other health professionals involved in your care. This is usually a letter and your psychologist will discuss this further at your first meeting.

Psychologists have a duty to tell somebody if they are worried that you or someone else is at risk of harm.

We would always try to talk about this with you first. Your psychologist will talk more about information sharing at your first appointment.