

Let us know if any of your contact details change by phoning our department directly.

### 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 separately 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.

### Where can I find out more about the department?

You can visit our website to find out more about the Department of Clinical & Health Psychology at:

<https://www.leedsth.nhs.uk/a-z-of-services/clinical-and-health-psychology/>

The website is regularly updated and provides information about which staff work into which specialisms. There are also links to other services or resources that you might find helpful whilst you are on our waiting list.

### 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**. If two consecutive appointments are cancelled, we may have to discharge you from our service. It is important that you are able to attend regularly to get the most benefit from psychological therapy.

If you do not attend your initial appointment with us, we will assume that you no longer wish to be seen and will discharge you from the Department of Clinical & Health Psychology.

### How can I contact the department of clinical health psychology?

Office Hours Monday to Friday  
8.30am - 5.00pm

Telephone **0113 206 5897**

# Seeing a Clinical Psychologist

Information for  
patients

## How could a psychologist help me?

Living with an injury, neurological or health condition 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 Department 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 people 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.

As well as working on the issues above, you may also be referred to psychology for help with decision making (e.g. decisions about surgery or treatment), or to assess whether or not medical or surgical interventions would be helpful or psychologically harmful. Psychologists also sometimes conduct cognitive assessments.

## Examples of problems that your psychologist can help with:

- Adjusting to your diagnosis and loss of confidence

- Extreme anxiety or panic attacks about the health condition or phobia relating to an aspect of treatment e.g. phobia of needles
- Depression, low mood or feeling unusually upset about the health condition
- Decisions about your treatment and medication
- Worries or fears about the future
- Problems coping with the diagnosis/ treatment such as anger, body image issues etc.
- Psychological difficulties in coping with pain e.g. identity, relationship issues.

## Is this service for me?

This service is for patients at any stage of treatment, who are struggling to cope emotionally with their injury, health condition, or its treatment. If you have been referred to the Clinical & Health Psychology Department, 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 and how 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. We offer appointments face to face or remotely, via video consultation using zoom. We can provide more detailed instructions on using zoom if required. In some situations, your appointment might take place over the telephone. If you are having a remote appointment, it is important that you are somewhere quiet where you will not be disturbed in order to get the most out of the appointment.

Please note that our calls might be from private (restricted) numbers; if you do not answer we will try again shortly after. If you were expecting a call and have not received one, or are not able to join the zoom meeting, please call our department on **0113 206 5897**.

Most face-to-face appointments are at St. James's University Hospital, but some may be at Leeds General Infirmary, Seacroft or Chapel Allerton Hospital. Your first appointment letter will give you more information.

It is really important that we have your most up to date contact details, including your e-mail address if you have one, so that we can get in touch when you reach the top of the waiting list and send out links for your appointment where necessary.