

Major Trauma Centre
**Clinical psychology
service for adults and
children**

Information for patients



Leeds Major Trauma
Centre

Who are we?

There are several Clinical Psychologists working in this service.

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What support can we offer?

Our Service offers help for any patient who might require emotional support following a major trauma.

- We see both children and adults who are receiving care from the Major Trauma Team.
- We are able to see you on the ward while you are in hospital and/or as an outpatient when you are discharged home.
- We are able to offer one off appointments or a series of appointments.
- We offer appointments for assessment and psychological intervention.
- We are able to be present during medical consultations with you.
- We are able to talk (with your consent) with other agencies that you are involved with, e.g. social services, other medical teams. This can help us to co-ordinate our input with other care you may be receiving.
- We can offer information and guidance about other services.

What can we help with?

Clinical Psychologists are trained to help people talk through their problems. The person you see will have an understanding of the psychological effects of a major trauma. You will not have to talk about anything that you don't want to.

Some examples of the things we can help with are:

- Coping after a traumatic event.
- Help with symptoms if you have experienced a trauma, e.g. nightmares, images of the accident, distressing thoughts.
- Coping with an injury or illness.
- Bereavement.
- Adjusting to the outcome of medical assessments, treatments and procedures.
- Low mood and anxiety in relation to being in hospital.
- Panic attacks.

Where will you be seen?

- On the ward where you are receiving treatment.
- Clinical psychology appointments take place at Leeds General Infirmary, St James's Hospital or by telephone or video call.

Confidentiality and Consent

- Confidentiality and issues related to consent will be discussed with you at your first meeting and you will have the opportunity to ask any questions you may have.

- All information that you share with us is treated confidentially unless there are concerns that someone's safety is at risk.
- Letters may be exchanged with other professionals involved in your care so that we can provide you with the best quality care. However, if there is information that you do not want to be shared, you can talk to the psychologist about this.
- You have the option to receive copies of any letters written by the Clinical Psychologist about you.

Accessing the service and contact information

To gain access to our service you can ask one of the Major Trauma staff to refer you, or you can contact us yourself by phoning **0113 206 5897** (during office hours), and asking to speak to one of the Major Trauma psychologists. If you have any questions about the service please also feel free to call us.

Compliments and Complaints

We hope that you have been happy with all the care you have received. We are dedicated to providing adults, children and their families with a high standard of care. However, if you feel unhappy about something that has happened please speak to a member of the team who will discuss the complaints procedure with you and provide you with the documentation.