

Children's Hand Clinic Clinical Psychology Service

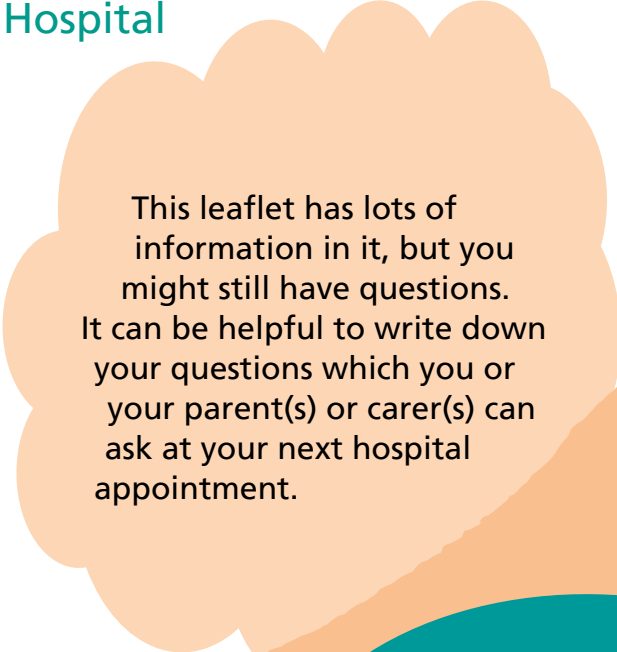
Information for young people



leeds children's
hospital

caring about children

This leaflet is for children who are being seen in children's hand clinic at Leeds Teaching Hospital



This leaflet has lots of information in it, but you might still have questions. It can be helpful to write down your questions which you or your parent(s) or carer(s) can ask at your next hospital appointment.



What is Children's Hand Clinic?

This service involves lots of different professionals, with special knowledge about arms and hands.



What is a Clinical Psychologist?



A Clinical Psychologist is trained to support people with their feelings. They can talk to people about how they may think and feel about their arms or hands

Why might I talk to a Psychologist?

It can sometimes be difficult to talk about how you feel. A Clinical Psychologist can help you talk about your feelings and try to help with any problems you may be having. They are good at listening and are very understanding. They can help you deal with tricky thoughts and feelings. They can help if you are feeling worried, sad, or angry about your arms or hands, or any treatment you may need.

What will happen in my appointment?



A Clinical Psychologist can see you while you are here in clinic or plan to see you later at a psychology outpatient clinic. They can see you on your own or you can go in with someone. They may meet you just once or twice, or sometimes they see people for a longer time. They will talk with you about any tricky thoughts and feelings, and help you find ways of coping with these

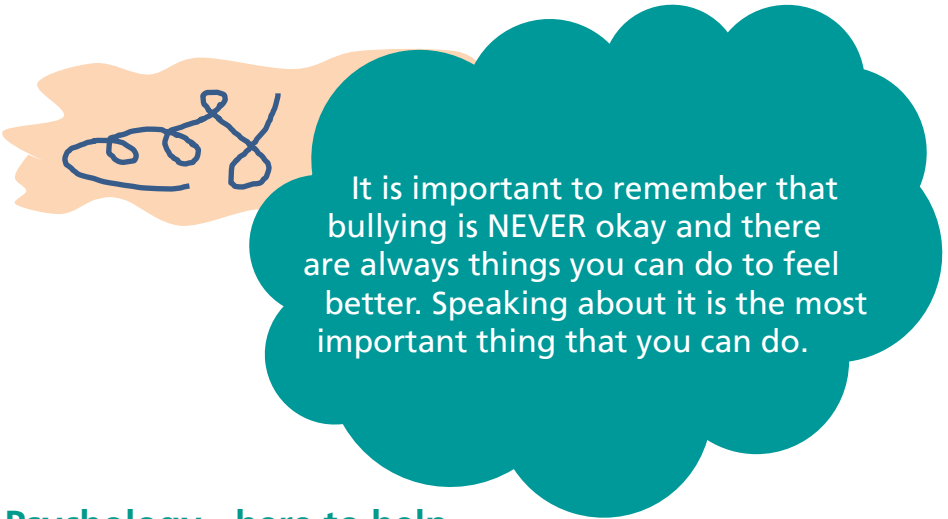
Common difficulties

- Feeling sad or low in mood
- Not motivated to do things they enjoy
- Worrying what others are thinking about their arms and hands
- Worrying about what has happened or what might happen next
- Not feeling accepted, understood, or included
- Feeling their arms or hands are stopping them from doing things they want to do
- Not knowing how to cope with people's reactions or questions
- Having operations or going to hospital a lot
- Needing help deciding about operations

It's good to talk these things through and it is important that you get the right support

I am getting bullied because of how I look. What can I do?

Bullying can happen in different ways. It can be **verbal** such as name calling, it can be **physical** such as hitting, it can be **indirect** such as the spreading of nasty stories or it can be **online** for example by text or social media



Psychology - here to help

Our team of Clinical Psychologists can offer sessions to help you learn ways to manage difficult thoughts and feelings and help build your confidence.

If you think it would be helpful for you to be seen by the Psychology Team to help with issues around your condition, for example, for support with how you feel about it or managing difficult thoughts and emotions - speak to your parent(s) or carer(s) who can ask your Consultant to refer you.

The psychology team can also help by giving information, resources and links to other services which may be helpful.

Charity Support

Changing Face

Changing Faces is a UK charity for everyone with a scar, mark or condition on their face or body that makes them look different. Their website has lots of information on how you can build confidence and deal with bullies.



www.changingfaces.org.uk

in support of

YOUNGMINDS

www.youngminds.co.uk

YoungMinds

YoungMinds is the UK's leading charity for children and young people's mental health. Their website has lots of information if you need some support.

Childline

Childline is a UK charity offering free, private and confidential service where you can talk about anything with a trained counsellor. You can call on 0800 1111, email or through 1-2-1 live chat.

childline
ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk

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What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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