

What about confidentiality?

Everything you say to your psychologist is confidential and we will normally only disclose information to professionals involved in your care with your consent.

The only time we may have to break your confidentiality is if you tell us something that makes us concerned about your safety or the safety of someone else.

In this case we would always discuss this with you first if possible.

With your consent, your psychologist will write a summary letter to your referrer and relevant health care provider(s) describing the outcome of your referral.

Where are you based?

The haematology psychology service is flexible in terms of where you would like to be seen. We are based in one of three locations, listed below. Please let us know where you prefer to be seen if you are arranging an appointment.

Sickle Cell & Thalassaemia Centre

17a Hornsey Street
London N7 8GG

Best contact details: 0203 316 8853

sicklethalcandi@nhs.net

Whittington Hospital

Magdala Avenue
London N19 5NF

Best contact details: 07557 459 640

Clinical Health Psychology base

Outlook, 133 St Johns Way
Archway, London N19 3RQ

Best contact details: 020 7527 1538

cim-tr.WhittingtonCHP@nhs.net

Haematology Psychology service

*Helping individuals manage life
with haemoglobin disorders*



Clinical Health Psychology (CHP)

A service to help people live better with
long-term and acute physical health
conditions

Dr China Eziefula

Haematology Psychologist

Mobile: 07557 459 640

Email: cim-tr.WhittingtonCHP@nhs.net

**Available on: Mondays, Tuesday afternoons
and Thursdays**

What is the Clinical Health Psychology service?

You may have a physical health condition and be wondering how we can help.

We are psychologists who work within medical and surgical teams to provide a holistic approach to health problems. Everyone's experience of living with a health condition is different. Your health condition might affect you in one or some of these ways:

- feeling distressed, as if you can't cope with it all
- giving up things you enjoy
- feeling unhappy or angry about how your health condition has affected your life
- having concerns about work or studies
- interference with relationships with partners, family and friends
- worrying or feeling hopeless about the future
- losing your self-confidence
- difficulties with managing your condition or your treatments
- finding it hard to make changes your doctor or other member of your hospital team has recommended

How can I benefit from meeting with a psychologist?

We can talk with you about your own experience. We can explore how your physical health impacts upon your life and then look at how you would like your life to improve alongside your health condition. We can help you identify what changes are achievable and meaningful to you. We may then help you to develop new skills and/or expand your existing skills to help you work towards your desired changes.

Does this mean my doctor thinks my problems are 'all in my mind'?

No - certainly not! Seeing a psychologist does not mean that we or your hospital team think your problems are in your mind. You are simply taking a very positive step in trying to reduce the impact of your physical health condition on your life.

What happens if I do want to see a psychologist?

If you are interested in meeting with us and have not yet been referred, please talk to your hospital doctor or specialist nurse and they can refer you.

Your medical care will not be affected in any way if you decide that you do not want to pursue this sort of help.

What to expect when I see a psychologist?

You may wish to come to the first meeting on your own, or you are welcome to bring friends or relatives with you. The psychologist you meet will then discuss whether this service or another service may be helpful to you and you can think about whether you would like to give this a go. Some people benefit from just a few sessions; others may prefer a longer period of working together. Interpreters can be arranged if needed.