

Red Cell Psychology Service (for adults)

Patient information factsheet

Who are we?

- We are a small team of Psychologists who work with adults living with red cell blood disorders under the care of Whittington Health.
- We work closely with Haematologists and Clinical Nurse Specialists who have a specialist interest in red cell blood disorders at Whittington Health.
- We also work closely with the North Central London Red Cell Community Team.
- You can find us at Whittington Hospital, and at the Sickle Cell and Thalassaemia Centre, 17a Hornsey Street, London, N7 8GG.

What do we do?

- We offer sessions on wards and in clinics. We can help with talking about anything related to living with a red cell blood disorder. These may include:
 - ✓ Low mood, anxiety, anger, feelings of isolation
 - ✓ Feeling overwhelmed about the future
 - ✓ Managing symptoms, for example pain and fatigue
 - ✓ Balancing your health condition and treatment with other areas of life
 - ✓ Making decisions about treatment
 - ✓ Managing complications and side effects of treatment
 - ✓ Building self-confidence and self-esteem
 - ✓ Talking with family, friends, and healthcare professionals about your needs.
- Sessions are free and we can speak with you in person, via video call, or telephone.
- You can invite your family members, friends or carers to join sessions if you want to.

- We are not an emergency service. If you need urgent emotional support, please contact your GP and make an emergency appointment, call 111, or visit your local Accident and Emergency Department. If you live in Barnet, Enfield, or Haringey, your 24-hour mental health support line is 0800 151 0023. If you live in Camden or Islington, your 24-hour mental health support line is 0800 917 3333.

How can I be referred

- You can ask one of your Haematologists or Clinical Nurse Specialists or a member of the Community Red Cell Service to make a referral for you.
- We do regular ward rounds and join haematology outpatient clinics.
- You are most welcome to make a self-referral when you meet us.

What happens after a referral?

- One of our Psychologists will be in touch with you within six weeks of your referral. This is to talk with you about what psychological support you might need. We will make a care plan with you.

Contact our service

Email address: whh-tr.chphaematology@nhs.net

Telephone number: 020 7527 1538

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient advice and liaison service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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Document information

Date published: 19/06/2025 | Review date: 19/16/2027 | Ref: ACS/ClinHealPsych/ECPSA/02
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