

Will people find out?

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 the doctor or nurse who referred you and possibly your GP (or relevant people involved in your care). This summary is normally very brief and simply says how often you plan to meet and what you plan to use your sessions for. You can see a copy of this or ask to change the content if you would like.

Where would I have to go to meet a clinical psychologist?

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

Tel: 0203 316 8853; Email: sicklethalcandi@nhs.net

→Whittington Hospital

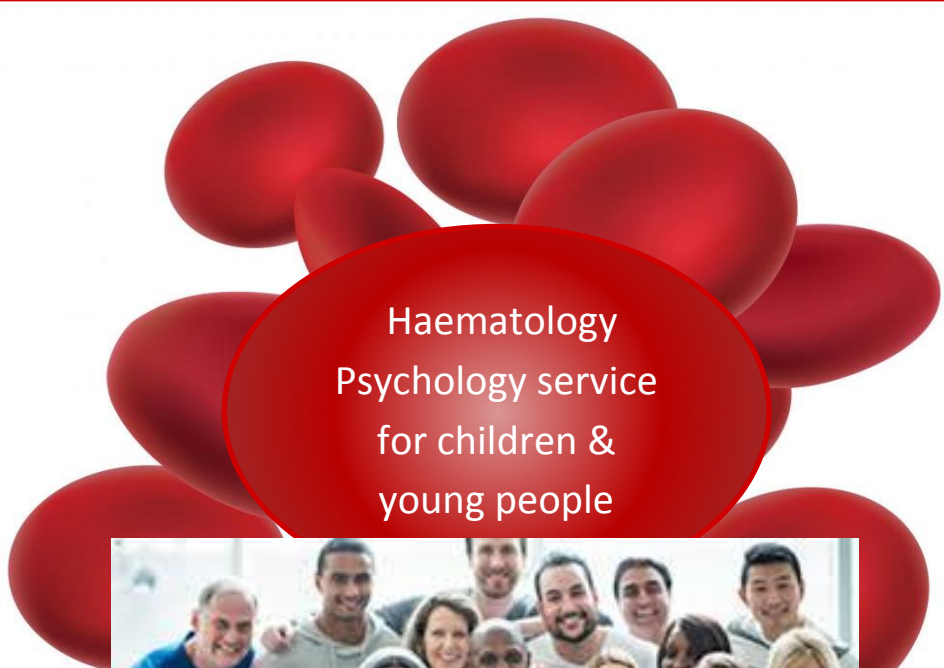
Magdala Avenue, London N19 5NF

Tel: 07557 459 640 Email: cim-tr.WhittingtonCHP@nhs.net

→Clinical Health Psychology base

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

Tel: 020 7527 1538 Email: cim-tr.WhittingtonCHP@nhs.net



Haematology
Psychology service
for children &
young people



Clinical Health Psychology (CHP)

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

Dr China Eziefula

Clinical Psychologist in Haematology

Mobile: 07557 459 640

Email: cim-tr.WhittingtonCHP@nhs.net

Available on: *Mondays, Tuesday afternoons and Thursdays*



What is clinical psychology?

Clinical psychology is a health department that works with emotions (how you feel) and behaviour (what you do).

Clinical psychologists are the people who work in clinical psychology departments. When we work in hospitals, it is often because people who are ill want help with the feelings they have about their illness.



Everyone has a different story to tell about their illness and how it can be around in their lives – in ways that can be upsetting or in other more positive ways. Sometimes people need help from us as psychologists to learn to live with illness and the different stories that an illness can tell us about ourselves.

What do we do?

Clinical psychologists might meet with you and your parents or other people in your family. We might talk to you about:

- What you do for fun
- Your school or work life
- Your friends and family
- Your feelings about your illness
- Any concerns you might have (worries)
- Any angry or sad feelings you might have
- Any difficulties you might have with any of the above areas (e.g. exams/school, finances, health, friendships, family, difficult decisions)
- Any problems you have in being able to follow the advice your doctors or nurses might have suggested



- Whatever else you might want to talk about!

We also sometimes invite young people in to complete “cognitive assessments” if your doctors or nurses have asked for this. These are puzzles or tasks that we do with you to help check if your illness is affecting your learning.

How can meeting a clinical psychologist help me?

Some young people find that meeting a clinical psychologist is different and gives them space and time to talk about things they might not get a chance to talk about with anyone else – especially talking about their illness.

Some young people find that one meeting is enough; others want to meet regularly for a set period. Some young people find that they don't have much to talk about so they prefer not to meet a psychologist. Some parents and relatives are keen for their child/ relative to meet a clinical psychologist at least once to give the young person a chance to decide for themselves whether or not they need the space to talk.

Psychology appointments should always be available to you, even if you decide you don't want them right away. Just ask your doctor or nurse to refer you or contact our department using contact details in this leaflet.



What can I expect?

Be open and prepared to talk to someone new about you! Ask your doctor or nurse to refer you to a clinical psychologist and you will be offered an initial appointment – we will call, text or write to you to offer this appointment. You can come to the first appointment alone or you can bring along a friend or relative.