

# Access to Psychology Support

## Paediatric Diabetes Department

### The Psychology Team

The Psychology Team is made up of a Clinical Psychologist and Specialist Psychiatric Liaison Nurse. They help children, young people and their families cope with some of the difficulties that can occur from having diabetes.

### Why is there Psychology support?

Living with a chronic illness can make people feel sad, worried or angry. Living with diabetes means that young people have to think and do many things that their peers don't have to worry about. All these things can make looking after diabetes more difficult. Talking to a psychologist can help you understand what is going on and find new ways of coping.

### Some of the problems the Psychology team can help with are:

- Feeling sad and low in mood
- Lacking energy to look after diabetes
- Worries about treatment
- Managing your diabetes in school
- Letting your friends know
- Difficulties with food, eating and body image

### What does the Psychology Team do?

There are weekly outpatient clinics at The Stephanie Marks Centre for children, young people and their families. Sometimes children and young people are seen when they are admitted to the ward.

We will use talking and drawing to help understand how you and your family feel. We will listen to your concerns and work with you to find a helpful way forward. The Psychology team works closely with the other members of the diabetes service, including the doctors, nurses and dieticians, so everybody understands any difficulties you are having. The Clinical Psychologist is different from a psychiatrist or doctor, as we cannot prescribe medication.

### What will happen in your first appointment?

The first appointment lasts for an hour. They will ask lots of questions about you, your family and your diabetes to understand what things are difficult for you, as well as what is going well. Everything we talk about is confidential, unless there are concerns about anybody's safety. We may sometimes decide it would be helpful to share some information with your family, school or medical team but we decide this together.

## Before your first appointment

Before you come to your first appointment it can be helpful to make a list of the things that you want to talk about. This might be:

- What things you would like to change or be different
- What things you are finding difficult about looking after diabetes at the moment
- How you have been feeling recently
- What is going well

## What happens afterwards?

At the end of your first appointment we will make plans for what might help. This might be:

- ✓ Making suggestions for what might help and deciding that you don't need another appointment. Families often find a single appointment helpful.
- ✓ Arranging some further appointments to work with you on the problem, with you trying out things in between each appointment.
- ✓ Suggesting you see someone else to help with the problem and supporting you to access other services if needed.

## To book an appointment:

[asp-tr.generalpaeddiabetes@nhs.net](mailto:asp-tr.generalpaeddiabetes@nhs.net) or **01932 723314**

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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