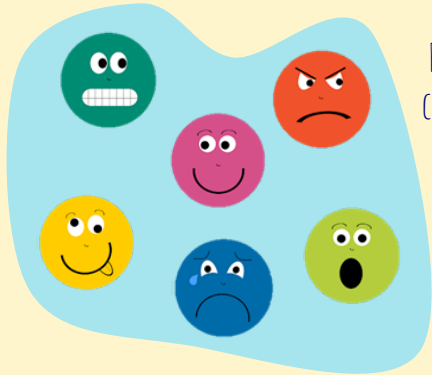


WHO ARE WE?



A CLINICAL PSYCHOLOGIST IS SOMEONE WHO HELPS PEOPLE WITH HOW THEY FEEL

LOTS OF CHILDREN HAVE PROBLEMS AND WORRIES AND MIGHT NEED HELP TO SOLVE THEM OR TO WORRY LESS ABOUT THEM.



PROBLEMS AND WORRIES CAN AFFECT HOW WE FEEL AND THIS CAN AFFECT HOW WE THINK AND BEHAVE

TALKING TO SOMEONE CAN BE REALLY HELPFUL BUT YOU MIGHT NOT ALWAYS WANT TO TALK TO A PARENT, TEACHER OR DOCTOR



THIS IS HOW A PSYCHOLOGIST CAN HELP US! THEY LISTEN TO HOW WE ARE FEELING AND HELP US TO FIND WAYS TO COPE

TO KEEP YOU SAFE AND HEALTHY, WE SOMETIMES NEED TO TALK TO OTHER PEOPLE WE WORK WITH ABOUT WHAT YOU SAY BUT WE WILL ALWAYS AIM TO TALK TO YOU FIRST.



WE REALLY LOOK FORWARD TO SEEING YOU!



PAEDIATRIC PSYCHOLOGY SERVICE
SHROPSHIRE COMMUNITY HEALTH NHS TRUST
PSYCHOLOGY SUITE
CHILDREN AND FAMILY SERVICES
MONKMOOR CAMPUS, WOODCOTE WAY
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Shropshire Community Health
NHS Trust

YOUR GUIDE TO PAEDIATRIC PSYCHOLOGY

WHAT DO WE DO?



PAEDIATRIC PSYCHOLOGY MEANS HELPING CHILDREN WHO HAVE HEALTH CONDITIONS



WHEN YOU SEE US

WHEN WE FIRST MEET WE MIGHT ASK SOME QUESTIONS TO GET TO KNOW YOU



WE MIGHT ASK YOU ABOUT DIFFERENT THINGS THAT HAVE HAPPENED IN YOUR LIFE, WHAT THINGS YOU ARE GOOD AT OR THAT YOU ENJOY DOING, OR ANYTHING YOU MIGHT BE WORRIED ABOUT



AFTER YOUR FIRST APPOINTMENT WE WILL DECIDE TOGETHER IF THERE IS ANYTHING WE CAN HELP YOU OR YOUR FAMILY WITH

WE MIGHT DECIDE TO HAVE ANOTHER APPOINTMENT TOGETHER OR WE MIGHT TALK TO SOMEONE ELSE IN YOUR FAMILY

WHILST THERE IS CORONAVIRUS LOTS OF PEOPLE WILL BE WEARING FACE MASKS, BUT THIS IS TO MAKE SURE WE ARE KEEPING EVERYONE SAFE



CHILDREN SEE PSYCHOLOGISTS FOR LOTS OF DIFFERENT REASONS FOR EXAMPLE YOU MIGHT:

- BE POORLY
- BE STRUGGLING TO COPE AT SCHOOL
- BE WORRIED ABOUT HOSPITAL VISITS
- NOT UNDERSTAND WHY YOU FEEL A CERTAIN WAY



WE WILL SEE YOU EVERY COUPLE OF WEEKS FOR ABOUT AN HOUR BUT THIS CAN SOMETIMES CHANGE



YOU CAN TALK TO US WITH YOUR MUM, DAD OR GROWN UP OR YOU CAN TALK TO US ON YOUR OWN IF YOU WOULD PREFER

HERE ARE SOME OF THE THINGS PSYCHOLOGISTS MIGHT DO WITH YOU



CREATE A MOOD DIARY



FEELINGS CHART



MAKING HOSPITAL PASSPORTS



DRAWING

LOCATION



YOU CAN HELP CHOOSE HOW AND WHERE YOU WANT TO SEE US

A LOT OF THE TIME YOU WILL COME TO OUR BUILDING WHICH IS IN A PLACE CALLED MONKMOOR CAMPUS



BUT SOMETIMES YOU CAN'T COME TO US SO WE WILL COME TO YOU AT HOME, SCHOOL OR IN HOSPITAL



AS WELL AS SEEING YOU IN PERSON WE CAN ALSO CALL YOU ON THE PHONE OR OVER VIDEO CALLS

