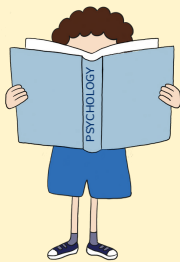
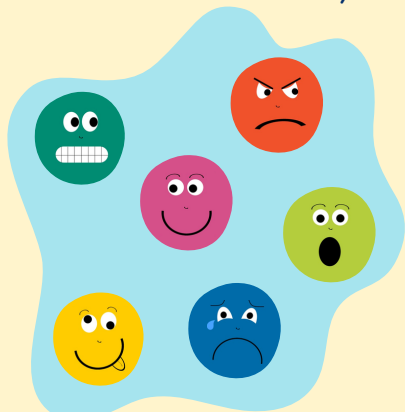


WHO ARE WE?

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!



Images by Emma Lawrence Illustrations

Paediatric Psychology Service

Shropshire Community Health NHS Trust
Children and Family Services
Monkmoor Campus
Woodcote Way
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A CHILDREN'S GUIDE TO PAEDIATRIC PSYCHOLOGY

What do we do?



Paediatric psychology means helping people who have health conditions



WHEN YOU SEE US

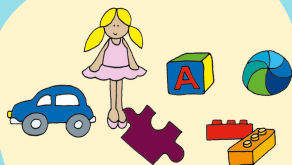
Children see psychologists for lots of different reasons. For example you might:

- * Be poorly
- * Be struggling to cope at school
- * Be worried about hospital visits
- * Not understand why you feel a certain way

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 what 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 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



We might decide to have another appointment together or we might talk to someone else in your **family**

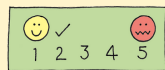
There are lots of toys to play with whilst you talk



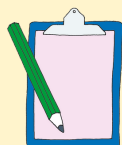
HERE ARE SOME OF THE THINGS PSYCHOLOGISTS MIGHT DO WITH YOU



create a mood diary



feelings chart



making hospital passports



drawing

LOCATION

You can help choose how and where you want to be seen



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**

