

WHAT IS A CLINICAL PSYCHOLOGIST?



A clinical psychologist is someone who helps people with how they are **feeling**

Lots of young people and their families have **problems** and **worries**, these can affect how we think and behave

We **listen** to any worries or problems you might have and help you to **understand** them, **cope** with them and find ways of **feeling better**

We know that talking about your feelings can be **hard** and you might not always want to **share** these but we can **listen** and find ways of making talking **easier**

We know how important **privacy** is and we can talk together about **how, why** and **what** we share. If we need to talk to someone else we will always aim to get your **consent** first.

SUPPORT

WE REALLY LOOK FORWARD TO SEEING YOU!



Images by Emma Lawrence Illustrations

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A YOUNG PERSON'S GUIDE TO PAEDIATRIC PSYCHOLOGY

What do we do?



WHEN YOU SEE US

WHAT HAPPENS AT THE FIRST APPOINTMENT?

We want to get to know you so we might ask you some **questions** about things in your life such as school, what you enjoy doing or anything you are worried about

CAN I TALK TO YOU ON MY OWN?

Yes, you can choose if you want to talk to us with a **family** member or on your **own**

HOW OFTEN WILL I SEE YOU?

Usually appointments are every couple of weeks for about an **hour** but this can sometimes vary

WHAT WILL WE DO IN APPOINTMENTS?

We want to help in the best way for you so we will try to find things you enjoy doing, this could be:



* Using feelings charts

* Drawing

* Creating Mood Journals

* Talking



We sometimes suggest different things that you can do with your family in between sessions that can be helpful



Here are some things we might be able to help you with:

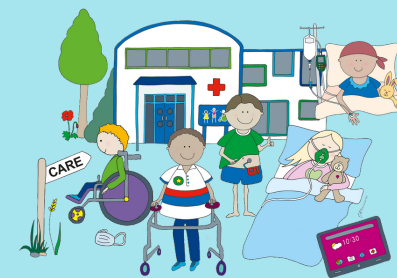
Helping you to come to terms with having an illness and helping you to cope with having any treatment

Help you to overcome any fears you might have, e.g. of an injection, having blood taken, or having an operation

Helping you to manage any feelings you might have, e.g. anger, anxiety

Helping you to understand why you feel a certain way, e.g. feeling sad or lonely, and helping you to find ways to feel happier

LOCATION



* Our building is in a place called **Monkmoor Campus** in Shrewsbury. This is where a lot of our appointments will take place

* But we can also come and see you at **home**, in **hospital** or at **school** if you can't come to us

* We know not everyone will want to speak to us face to face and sometimes it isn't possible so we can also talk to you over the **phone**, or a **video call**



We can talk together about how and where you would like to see us