

Where are appointments held?

The Clinical Psychology Department is based in the orange zone on the Lower Ground Floor of St Helens Hospital. Outpatients are generally seen within the department, or in clinics at Whiston Hospital. We also see inpatients on the wards at Whiston Hospital.

What happens to my information?

Confidentiality will be discussed during the first appointment. With the agreement of the people that we see, we will normally send updates of our work to the person who made the referral, their GP, and other professionals involved in their care.

If someone does not want certain information to be shared with others, they can ask that the Clinical Psychologist keeps this confidential. We will maintain confidentiality unless we are concerned about a person's safety, or the safety of other people around them. When possible, we would discuss these concerns with the person before sharing information.

Clinical Psychology in St Helens & Whiston Hospitals

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach.

Clinical Psychology Department

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Introduction to the service

The Clinical Psychology Department supports people whose physical health condition or medical treatment is affecting how they are feeling. Clinical Psychologists are trained to understand these difficulties with you.

We offer therapy to help reduce distress and improve quality of life.



- Managing feelings of anxiety and/or depression related to a physical health condition.
- Anxiety about medical/surgical procedures.
- Support making decisions about treatment and elective procedures.
- Ways to cope with the impact of unwanted side effects of a treatment (e.g. pain and nausea).
- Assessing and managing possible emotional or cognitive changes after a stroke (e.g. to memory, language, planning or movement).
- Supporting people to make lifestyle changes that maintain and improve health
- Helping people to manage symptoms which impact on their functioning e.g. fatigue or pain.



What does the service offer?

We can help with a range of difficulties, for example:

- Supporting people to come to terms with, or adjust to, a physical health condition and/or related treatment.
- Coping with uncertainty and change associated with a physical health condition.

How do Clinical Psychologists work?

We aim to support people by working together to develop a clear understanding of their difficulties and how these might be addressed.

We use a range of therapeutic approaches to best meet the needs of each individual.

Clinical Psychologists are not medical doctors or psychiatrists. We do not prescribe medication.

Sometimes people find that only a few sessions are enough to help them feel able to cope on their own. Other people may benefit from more input. We decide together the length of therapy which will be most helpful.

Accessing the service

People can be referred to the Clinical Psychology Department through their hospital team, or by their General Practitioner (GP). If you would like to be referred, please discuss this with the people involved in your care, and ask them to contact us.