

# What will happen if we are referred to a Clinical Psychologist?

Clinical Psychologists are types of doctors that are interested in the way people feel, think and behave. They use different types of therapy support people to understand and take control of their experiences, thoughts, emotions and actions.

You and your child will be offered an initial assessment session to meet with the psychologist so they can better understand the current difficulties. You would then make a plan together. This may involve one to one sessions for your child or yourself.

Some families find just a few sessions to be helpful and others require a longer period of support.



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## Accessing psychological support for children with health conditions

Information for parents

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.

## Why might we need psychological support?

Adjusting to life with a health condition and dealing with the daily demands of managing it can be hard for the whole family.

Many families of children with these conditions are able to cope well most of the time. At times though children and carers may understandably feel frustrated, upset, low in mood or anxious. This can make the self-management of conditions more difficult and may have an impact upon how people feel physically and emotionally.

Sometimes young people and their carers have problems that are not related to their health condition e.g. relationship problems or work/school-related stresses. Dealing with these issues can sometimes mean that it is harder to focus on the daily demands of managing chronic conditions and/or may make control of conditions more difficult.

Every carer and child copes with health conditions in a slightly different way and there is no right or wrong way to feel.

If you find that the way that you or your child is feeling about a health condition is beginning to interfere with management, it could be helpful to ask for some extra support.

Some examples of problems that young people and families may require support for include:

- Adjusting to or coping with having a health condition and engaging with treatment.
- Feeling low in mood, worried or frustrated.
- Changes in how your child feels about themselves, or how they get on with others.
- Finding the demands of managing a chronic health condition, or engaging in treatment or procedures to be challenging or distressing.

## What should I do if we need more support?

If you think you or your child would benefit from extra support you can ask your child's medical team to help you to access this service.

## What will happen next?

The medical team can provide information and support about a variety of aspects of living with a chronic health condition. They can help you to decide what the best course of action might be.

This could involve:

- Further contact with your Nurse Specialist/ Consultant/ Dietician /other health professional
- Attending educational courses
- A referral to a Paediatric Clinical Psychologist or other counselling or mental health services