

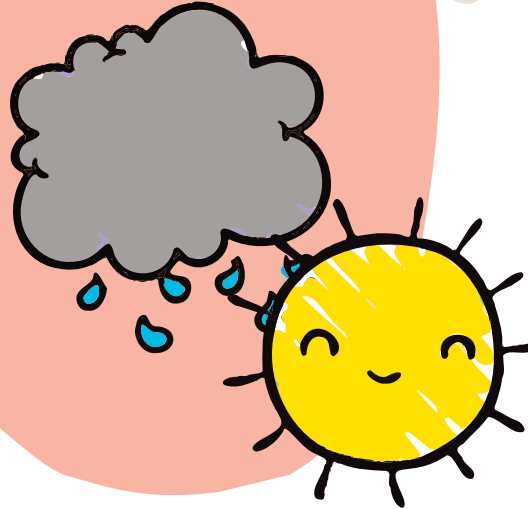
What is a Clinical Psychologist?

A Clinical Psychologist is a type of doctor who is interested in how people feel, what they think and the things they do. They help people to understand how they are feeling and learn new ways to feel better.

You will meet with the psychologist with your parent / carer at first to get to know each other. Then you will make a plan together.

You might meet with the psychologist again, or your parent / carer might meet with the psychologist instead.

You will always be asked what you think about the plan.



There is no right or wrong way to feel.

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Help with big feelings about your health

Information for children - primary school

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 do I have big feelings about my health condition?

Having a health condition can be really hard work.

Sometimes you find it easy to do all of the things you need to do to look after your health.

Other times, it might make you feel really sad, angry, worried or fed up.

Sometimes you have other things going on in your life that makes you feel stressed or sad, like problems at school, with friends or family.

it's okay to feel



your feelings

This is totally normal!

But when you have these big feelings it can make it even harder to do what you need to do to be happy and healthy.

If your feelings about your health are really bothering you, or making it harder to manage your health condition, you can ask for some extra help.

What things can I get help for?

- Getting used to having a health condition
- Finding treatment, pain or procedures upsetting
- Feeling sad, worried or angry
- Feeling bad about yourself
- Finding it hard to get along with friends or family

What should I do if I would like extra help?

Talk to your parent/ carer or your medical team if you would like more help with big emotions.

If they think it would help, they will ask a Clinical Psychologist to meet with you.