

## Where can I find more information and support?

Please search for the following websites or use your phone camera to scan the QR codes below, for further support and information.

<b>Bariatric Psychology Service</b> at Whiston Hospital <a href="http://www.merseywestlancs.nhs.uk/our-services">www.merseywestlancs.nhs.uk/our-services</a>	<b>Obesity UK</b> <a href="http://www.obesityuk.org.uk/support-groups">www.obesityuk.org.uk/support-groups</a>
	
<b>British Obesity &amp; Metabolic Surgery Society</b> <a href="http://www.bomss.org">www.bomss.org</a>	<b>Weight Loss Surgery website and local support groups</b> <a href="http://www.wlsinfo.org.uk">www.wlsinfo.org.uk</a>
	

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Tier 4 Bariatric Psychology Service

Part of the Clinical Health Psychology Team

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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# How can the Psychology team support you?

## Pre-surgical Assessment

The Tier 4 Bariatric service is made up of many different professionals, including Psychologists. You may be asked to meet with one of the Psychologists in the team.

### What will happen?

You will be asked to provide your email address during your initial nurse appointment. A Psychologist will then email you with a questionnaire to complete online. All patients are sent this questionnaire.

As part of the pre-surgical pathway, you may be invited to attend a one-to-one appointment with a Psychologist. This will be held online over a videocall.

The purpose of this appointment is to explore your request for surgery. This will include:

- The impact that your weight is having on you and your life
- The lifestyle changes you have already made
- How you hope surgery will change your life
- Your understanding of what the surgical procedure involves (including risk)
- How you intend to manage your recovery from surgery.

## Pre-surgical Support

Following the assessment appointment you may be offered up to three appointments with a Psychologist and signposted to online self-help materials. These will help you to prepare for surgery and the lifestyle changes you need to make after surgery. These are freely available to all patients. See the back page of this leaflet for more details.

Or, you may be advised to seek additional support from an external organisation if your needs cannot be met by our Psychology team.

## Post-surgical Support

All patients are sent another questionnaire from the Psychology team following surgery. You may also be offered brief psychological support to help with adjusting to and becoming comfortable with diet, lifestyle, or body-image changes that happen after surgery.

### What does Psychological support mean?

The Psychology team will help you to identify how your thoughts and feelings may be affecting your weight. They will work with you to develop coping strategies for emotional eating behaviours and help you with making lifestyle changes.