

Psychological Wellbeing Support in Paediatric Intensive Care

Paediatric Intensive Care

Information for Patients

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Introduction

Having a child in intensive care can be very hard for you as parents/carers. You might be new parents or your child may be older. You might have other children at home. Your child's health issues may be unexpected or they may have been unwell for a while. You may be feeling many different things.

Some parents say that having a child in intensive care feels like an 'emotional rollercoaster'. Some parents described mixed feelings like guilt, fear, anger, helplessness, confusion, tiredness and numbness. As well as times of hope, relief, pride and love. There is no right or wrong way to feel or act in this situation. It is important to know that these are all normal feelings.

How can we help?

It can be hard to manage how we feel day to day. The Psychological Support Team work across the 2 paediatric intensive care wards at Leicester Royal Infirmary. We give emotional wellbeing support for parents, other family members/ carers such as grandparents or siblings and staff.

We offer a private space to listen.

We can help you make sense of what is happening.

We can look at ways to manage the stress you feel.

We can work 1 to 1 with individuals or with couples or families.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

What we do?

We can help with:

- making sense of your experiences of paediatric intensive care.
- finding ways to cope with your emotional reactions.
- the effect it is having on your relationships.
- solving problems and making use of your own strengths and skills.
- thinking through decisions about your child's treatment.
- thinking about your relationship with your child.
- talk about any worries you may have about your child.

Who are we?

We are a team of 3 and covering Monday to Friday:



Terrie

Systemic Family
Therapist



Cheryl

Counsellor



Jen

Clinical Psychologist

How do I book an appointment?

To make an appointment, please speak to the doctor or nurse looking after your child, or the ward clerks on the front desk. The psychological therapy service is available Monday to Friday.

Sometimes the clinical team might encourage you to meet with us. This is not because you are not coping well. It is because they know what you are going through is hard. We can arrange an appointment for you in a private and quiet room close to the ward.

You can speak on the phone or with a video call. If you need an interpreter, please let us know. There may be a small wait for appointments.

What happens with what you share with us?

Any information that you share with us is private. It will not be shared without your permission. We will share information if there is a risk to your child, yourself or others.

Some parents find it helpful to share information with the clinical team. This is because the clinical team is able to better understand you and care for your child.

We will keep notes from our talks. This is separate from your child's medical notes on the ward. The clinical team on the ward will not be able to see these notes. It is your choice to use this service or not. It will not affect your child's care.

Contact details

The best way to contact us is to tell your child's nurse if you would like to speak with us and they will let us know.

Our contact address and telephone number is:

Paediatric Psychology
Artemis House
Westcotes House Site
Westcotes Drive
Leicester
LE3 0QU

0116 295 2959

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net