

The clinical psychology service for adults with sickle cell disease or thalassaemia

Sickle Cell and Thalassaemia Service

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Information for patients

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What is clinical psychology?

Clinical psychology is an important part of the support you receive from your health care team for your sickle cell disease or thalassaemia.

Clinical psychologists can be helpful in assessing and providing support for people experiencing distress that can arise from, and contribute to, physical health problems.

Some of things we might talk about include:

- feeling anxious or stressed
- having periods of low mood
- struggling to cope with ill-health issues

Clinical psychology differs from psychiatry as we are not medically trained, and do not prescribe medication.

What kind of things might we talk about?

We talk about the things that you feel are most important. Some of the topics that often come up are :

- ill health, including your condition, pain and sleep problems
- relationships and family life
- work and studies
- important life events
- other daily stresses such as money worries or coping with demands from other people

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

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

How can I speak to a psychologist?

You can ask to be referred to the psychologist at any time by one of the team and you will then be contacted to book an assessment session. The psychologist may be qualified or in training.

Alternatively, a psychologist may be present at your annual review appointment on a Tuesday afternoon at the Leicester General Hospital. You will be asked to complete a psychology questionnaire when you arrive, which gives us useful information about the things that may be difficult for you. You can use that form to request further contact from the psychologist if they are not in the clinic.

Will I be seen face to face?

You can speak with the psychologist face to face if they are present at the clinic. Individual sessions will be offered virtually by telephone/video call, or face-to-face dependent on any existing NHS restrictions.

Will we have ongoing sessions?

You may feel that just one session with a psychologist is enough or you may want further appointments in the future. Alternatively, after your assessment the psychologist may suggest an alternative service that may be able to provide you with more appropriate support.

Who else is involved?

Your consultant and clinical nurse specialists are closely involved in your care and it is helpful for them to be kept updated of any significant issues you face. Any assessments will be shared with the team. By sharing important information we can give you the best healthcare support possible.

Confidentiality

The information you share in your psychology sessions is confidential. If there is anything you do not want shared with other healthcare professionals please let your psychologist know. Sometimes we will share information with other people if we think you or others are at risk of harm. In this situation we will always try to talk to you directly about any concerns we have.

Contacts

Clinical Nurse Specialists: 0116 2586081 or 07950 891490

Medical Psychology: 0116 295 4555

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة 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 ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ 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 equality@uhl-tr.nhs.uk



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